

Mendes needs a little spice in her life



Colour freezing out stainless steel

Bus drivers back to bargaining

RACHEL BOOMER
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NEGOTIATIONS School bus drivers and Stock Transportation have gone back to the negotiating table.

About 300 drivers, monitors and mechanics will be in a legal strike position Tuesday; they transport more than 22,000 students throughout HRM every day.

Provincial conciliator Ken Zwicker is co-ordinating meetings to be held this week.

ShareYourViews

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Food pg 12



Lucky foods, lucky year?

Sports pg 10

Place for NHL in Europe?

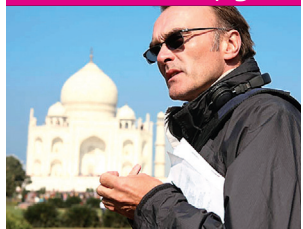
Style pg 15

Best in jeans

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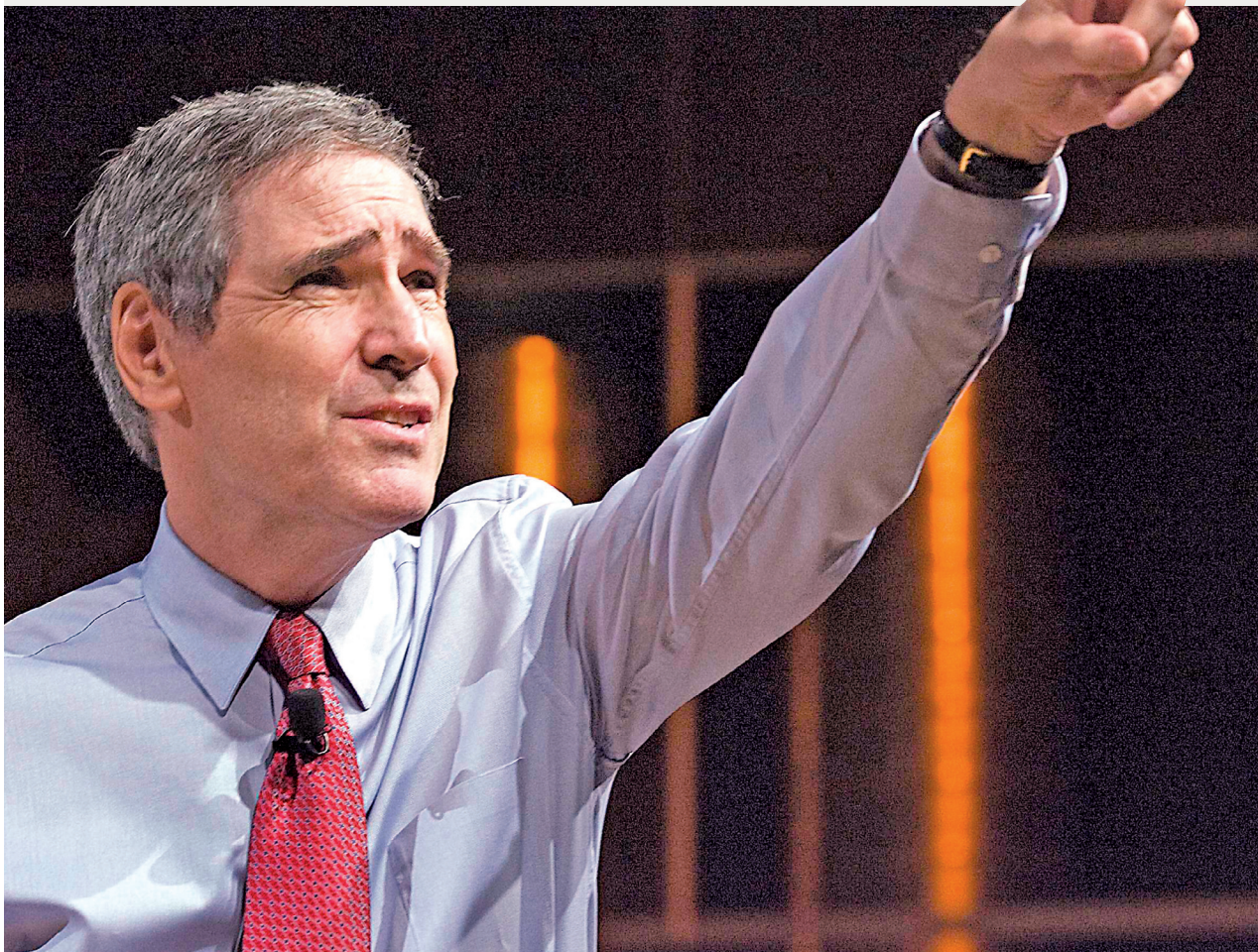
Obama new political force

Entertainment pg 19



Mumbai in a starring role

Ignatieff Travelling Canada ahead of budget



Liberal Leader Michael Ignatieff gestures as he speaks to business students at a university in Montreal yesterday. The Liberal leader has been travelling the country speaking to Canadians ahead of Tuesday's federal budget. Ignatieff has not ruled out the possibility of toppling the Tory government with the support of the NDP and Bloc Québécois. Story, pg 6

Town shattered

East Preston devastated by 1st murder

PAUL MCLEOD
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A shooting in East Preston yesterday has the dubious distinction of being the first murder in Nova Scotia this year.

One man in his 30s was shot to death. Another male was arrested shortly afterward and is being held by police.

Police received a 911 call at about 3:30 p.m. after residents heard gunshots on Brian Street. Police arrived and found two men in a car.

The driver had minor injuries. The passenger had been shot to death.

Police got a "very good"

"It's a really close-knit community ... So they're coming in and asking questions and wondering why, why would something like this happen."

RCMP spokesman Cpl. Joe Taplin.

description of the suspect and his vehicle, a red van. A General Investigation Section officer spotted a matching vehicle soon after on Highway 107. The officer followed the van to Caledonia Road, where Halifax Regional Police stopped it.

One male suspect was arrested.

Police have identified the victim, but did not release a name. That will

likely happen today after family members have been notified.

In the hours after the murder, large groups of people gathered on Brian Street.

"It's a really close-knit community, and they're really concerned about what happened in their community here. So they're coming in and asking questions and wondering why, why would something like

this happen," said RCMP spokesman Cpl. Joe Taplin.

The injuries to the driver were not serious enough to require him to be hospitalized.

As of the early last night, police were waiting for a warrant to search the entire vehicle.

Then the RCMP Forensic Investigation Unit would reconstruct the scene.

The suspect has not yet been charged with anything.

Taplin said police don't believe the murder has anything to do with the case of the cab driver who went missing this week after picking up a fare on Gaston Road in Dartmouth.

Ontario bans smoking in car with kids

WEEDLESS Ontario's new law banning smoking in cars with children under 16, passed last year to protect children from the ill effects of second-hand smoke, was timed to take effect on Weedless Wednesday — yesterday.

Despite her concerns that people are smoking in cars with children, Health Promotion Minister Margaret Best said there are no plans to ban smoking in homes with children under the age of 19.

"We want to strike a balance between people's health and liberties," she told a news conference at a Toronto daycare centre, where small children drove small plastic cars around her.

"While it is aimed at cars only, it will raise the awareness among parents about the dangers associated with cigarette smoking."

Studies suggest cigarette smoking in cars can expose children to concentrations of toxins that are 27 times stronger than in the home, said Best, a non-smoker who noted she always took efforts to shield her three children from second-hand fumes that can cause respiratory infections, ear problems and aggravate asthma.

The Ontario Medical Association said even with windows open and ventilation fans on, smoking makes air in the small cabin of a car at least 13 times dirtier than the air outside.

As well, smoking concentrations in a car can be 20 times worse.

TORSTAR NEWS SERVICE

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Nominate someone who is helping fight cancer

Cancer Care Nova Scotia turned 10 years old yesterday, and it celebrated by creating four new awards to recognize Nova Scotians making a difference in the fight against the disease. To nominate someone, visit cancercare.ns.ca or call 1-866-599-2267. The deadline is April 17.

METRO HALIFAX

3

Local



Student loan debt tops \$13B

Yesterday, Canada Student Loan debt passed the \$13-billion mark for students across the country. The Canadian Federation of Students launched a petition yesterday to ask the province to cut tuition fees. Nova Scotian tuition fees are the highest in the country at an average of \$5,878; the province has frozen undergraduate fees till 2011.

METRO HALIFAX

Cabbie search heats up

Police find a burnt-out car believed to be missing man's

JENNIFER TAPLIN
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Search-and-rescue crews scoured an area of Dartmouth yesterday, looking for missing cab driver Sergei Kostin.

He's been missing since Saturday when he was called to Gaston Road to pick up a fare.

A burnt-out car found in the woods behind a vacant building in North Preston earlier this week is likely Kostin's, said Const. Jeff Carr with the Halifax Regional Police.

"We strongly suspect it's his vehicle, but we haven't confirmed 100 per cent yet," Carr said yesterday.

Halifax Regional Search and Rescue teams scoured the area off of Mount Edward Road near the Howard W. Conrad Memorial Ball Field on foot and with a helicopter yesterday morning. Carr said it appeared Kostin's cab was in that area for a short time after he picked up the fare on Gaston Road.

But the search was called off at around 2:30 p.m.

"The information that led us there, that led us to believe the car may have stopped there for a short time, is now in doubt," Carr said.

Tony Rodgers, a



A helicopter lands on the Harold W. Conrad Memorial Ball Field between Main Street and Mount Edward Road in Dartmouth yesterday. Searchers combed the area looking for clues to the whereabouts of Sergei Kostin, a Dartmouth cab driver who has been missing since Saturday.

spokesman with Halifax Regional Search and Rescue, said teams are ready to go back out once they're given another location to search.

"If they come back to us and say we have further information or more information, then we'll definitely go out if they ask

us," he said.

Kostin's co-workers at Bob's Taxi, where Kostin has worked for more than 10 years, are anxiously waiting for news.

Kim Demont, a manager at Bob's Taxi, said Kostin has a wife and two children living in his native Ukraine.

"It's a pretty risky business for a driver, so it's stressful not knowing where he is. It's just not his character to disappear," she said.

The murder of cab driver Ken Purcell is still fresh in many minds. He was stabbed to death on Christmas Day, 2005.

Sewage problem not going away

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REPAIRS It will likely be weeks before the Halifax wastewater facility is back online.

A power outage in the early morning of Jan. 14 started the problem.

"The backup generator system did kick in as designed and it ran for a while, but there was an interruption in the backup system," said James Campbell, communications manager at Harbour Solutions.

One of the generators cut out and the wastewater flowed into the machinery, causing all sorts of problems. A report on the shutdown was delivered to city council at its meeting Tuesday night, but the staff at Harbour Solutions still don't know why the generator shut down.

They also won't know how extensive the damage is, until all the wastewater is pumped out of the building and staff can get to the machinery.

"There might be some odour associated with that from the pump trucks in the area," he said.

The stink along Lower Water Street might continue until the weekend, when it's expected the last of the wastewater will

"It's a lengthy process to figure out what's going on and it's a complicated system. There are a lot of things to uncover before we can proceed with repairing it."

James Campbell

be removed.

At this point, Campbell said it's impossible to tell the extent of the damage, but predicted it will take at least a few weeks before everything is repaired.

"It's a lengthy process to figure out what's going on and it's a complicated system. There are a lot of things to uncover before we can proceed with repairing it," he said.

Because of insurance and a three-year warranty that just kicked in about a month ago, the cost of the repairs shouldn't be too bad, he said.

"The cost is difficult to determine," Campbell said.

Meanwhile, 82,000 cubic metres of wastewater is pumping into the harbour every day.

"The objective now is to get it back online as quickly as possible," he said.

metronews.ca

WHAT'S ONLINE TODAY

Video Families of 9-11 victims outraged after trials of Gitmo detainees halted at metronews.ca/world

Video New satellite technology tracks greenhouse gas emissions in Alberta oilsands at metronews.ca/canada

Job Search using Metro's Workopolis search at metronews.ca/workopolis

Lotteries

Lotto 6/49: 8, 32, 34, 39, 43 & 48. Bonus 25.

These results are not official.

A year flies ... when there are quadruplets in the house

RACHEL BOOMER
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FAMILY Any new parent will tell you the first year of a child's life flies by.

So imagine how Christa MacKinnon — mother of quadruplets Julia, Morah, Alex and Ben — must feel. On Saturday, Christa, her husband Joe and their eldest son, Matthew, will celebrate the quads' first birthday with much of the town that's helped to raise them.

"They have so many people more than us who love them," Christa MacKinnon told Metro in a quick interview yesterday — during naptime, of course.

"They're so lucky to have



Ben, Morah, Julia and Alex MacKinnon, quadruplets born at the IWK Health Centre last January, are turning a year old Saturday. It's a lot of work, but mom Christa MacKinnon says she enjoys getting "four times the drooly grins."

a huge community that loves them."

Most Nova Scotians will remember the MacKinnon

quads. Christa, now 30, was hospitalized in December; the babies were born by C-section Jan. 24, 2008.

They weighed between two pounds, 9 ounces and three pounds, two ounces. All four were home by mid-May.

Shortly afterward, strangers from the MacKinnons' small community of Kingston, Annapolis Co., started offering help. Neighbour Mary Norman comes three days a week, spending mornings and afternoons with Christa and the kids. And every evening, a couple from the MacKinnons' street helps Christa and her husband, Joe, with the five-child nightly bath.

"They came to the door and said, 'Our kids are older, we have some free time and we'd like to help,'"

MacKinnon laughed. She didn't really know them before.

"They keep saying they get more out of it than we do, but they don't understand."

All have very distinct personalities: Julia, her mom says, is the "princess," while Morah, nicknamed Peanut for her small size, is the ringleader. Ben's the snuggliest, while Alex is the family comedian.

Big brother Matthew, 3½, takes it all in stride, getting time alone with his mom when his siblings nap.

So when does MacKinnon get her alone time?

"After 7:30, when everyone's in bed," she laughed.

Lower-income households were more likely to feel high stress over the last 12 years than higher income earners, says Statistics Canada. Research suggests that's because lower-income people were more likely to have job strain, financial problems, or problems with relationships or neighbourhoods. **METRO HALIFAX**

More work needed on green plan, centre says

ECOLOGY The Ecology Action Centre says the province's recent green plan is a step in the right direction, but it still needs work.

In a news release yesterday, the centre said it still wants to see more transportation funding, a timeline to develop a sustainable transportation plan, and more details on how Nova Scotia Power Inc.'s emissions will be capped.

Environmentalists liked the absolute caps on the utility, and the plan to cut up to 7.5 megatonnes of emissions by 2020.

Nova Scotia Power has begun to develop more agreements with wind farms to cut dependence on coal power, but environmentalists say it isn't happening fast enough.

METRO HALIFAX

Man taken to hospital after collision

CRASH A man was taken to hospital yesterday after the van he was driving collided with a car at the corner of Cogswell and Brunswick streets.

The car driver was uninjured; the van driver had non-life-threatening injuries.

Police closed the intersection for hours as a result.

METRO HALIFAX

Crash victim identified

SHUBENACADIE Thomas Beaman of Stewiacke was the 52-year-old man who died in a single-vehicle crash near Shubenacadie on Route 224 at Highway 2 on Tuesday morning.

METRO HALIFAX

Charges laid in theft of 3 ATVs

NORTH PRESTON RCMP have charged a 48-year-old man after finding three stolen ATVs at a Donald Lane, North Preston address. Police then found another eight stolen ATVs, three other stolen vehicles and a stolen ATM in the area.

METRO HALIFAX

ShareYourViews

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Dalhousie Prof. Steven Mannell speaks at a news conference announcing the launch of a new academic program at the university called Environment, Sustainability and Society.

Tackling enrolment and the Earth's woes

Dalhousie says sustainability program unique in Canada

PAUL MCLEOD
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With universities across the country facing decreased enrolment, Dalhousie is hoping to attract more students by going green.

Dal announced yesterday it is starting a new program dedicated entirely to solving problems with the environment — the department of Environment, Sustainability and Society (ESS).

"The challenges that face human society, that face the planet are terribly worrisome," said Dalhousie president Tom Traves.

"And we believe that

"These are issues that are so large and so complex and have so many dimensions that it's only by scholars coming together from a wide mix of disciplines ... that we can begin to bring forward solutions."

Steven Mannell, director of new ESS program

through this program, the college ... we will educate students who, in time, will become leaders in tackling these issues."

The school says the program is the first of its kind in Canada. It is unique in that its professors all have other disciplines. The idea is to have a broad range of professions — architecture, law, engineering, etc. — coming together to solve

problems.

The students themselves will take the program in conjunction with another field and graduate with a double major or combined honours.

"No one discipline, no one faculty, can even begin to address the scope of issues like global warming," said Steven Mannell, a Dal architecture professor and director of the ESS program.

"These are issues that are so large and so complex and have so many dimensions that it's only by scholars coming together from a wide mix of disciplines ... that we can begin to bring forward solutions."

The new program coincides with the also new College of Sustainability. The college will feature the ESS program as well as public lectures and speeches.

Dalhousie said it has 60 students who say they plan to join the program already, and expect 150 to enrol by this fall. The school thinks that number will double shortly afterward and continue to grow.

Century-old Comeau Lumber to close doors, 50 people affected

FORESTRY Comeau Lumber of Meteghan is the latest victim in a weakening business climate.

Layoff notices have been issued to staff members and the company,

which was established more than a century ago, in 1906, will be closing its doors indefinitely later this week.

The closing affects close to 50 people, president

and general manager Greg Shay confirmed Tuesday afternoon.

"We're just the latest victim in another miserable forest industry downturn," he said.

The company built a solid reputation over the past century, and administered, funded and supported silviculture programs.

METRO HALIFAX

Teaching jobs lost if N.S. doesn't pay, group warns

STELLARTON An estimated 50 teaching jobs in Chignecto-Central could be lost next fall if the province doesn't come up with an extra \$45 million for funding, says the president of the Nova Scotia School Boards Association.

And with threats of massive cuts to Nova Scotia's education system, Ron Marks knows he has some serious lobbying ahead of him.

"We're trying to let government know of the consequences if that

money is not forthcoming," said Marks, who also serves as school board rep for Stellarton/Westville.

According to Marks, Chignecto-Central is in better fiscal shape than many other boards across the province, because "our board has been financially prudent," but added "there would be cuts everywhere."

Programs such as special ed, occupations preparedness program, music and physical education have typically faced the chopping block when dollars get stretched too thin.

"Those tend to be the first ones cut," Marks said.

School boards, unionized teachers and administrators are clamouring for the extra dollars, or drastic cuts might be coming next fall, they say.

Education Minister Judy Stetch said she can't promise more money.

THE NEW GLASGOW NEWS

T4G worker earns Microsoft MVP

WEB TECH T4G Ltd., a national provider of project-based technology services, announced today that Daniel Crenna — one of its developers — has been named a Microsoft most valuable professional (MVP). Crenna won for his expertise with ASP.NET web technologies, including Silverlight, a programmable web browser plug-in that enables features such as animation, vector graphics and audio-video playback for Internet applications. In 2008, T4G opened offices in Moncton and Fredericton to augment the growing Atlantic Canada operations in Saint John and Halifax.

METRO HALIFAX

Aiming to help small businesses

Two family-owned businesses, Lower Sackville's Barrett Lumber and Newport Station's Burgess Baskets, will work with Saint Mary's University professor Dr. Harvey Millar to become more productive. It's part of a program aimed at helping small businesses compete. **METRO HALIFAX**

QEII hospital back to norm

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Things were back to normal at the QEII hospital after overcrowding caused an emergency "code orange" to be called Tuesday. But officials are working to make sure that doesn't need to happen again.

The hospital had been dealing with a string of busy days when they were hit with 26 admissions Monday night. That spike continued Tuesday morning and parts of the hospital were overwhelmed.

Needing more resources, doctors called a "code orange," which is usually used for incidents outside the hospital that cause mass casualties.

As of yesterday the hospital wasn't just back to normal, it was quiet.

"We think that perhaps due to all the media attention some people might have been staying away," said spokesman Peter Graham.

"We certainly would like to relate to the public that regardless of what it sounds like here they should still come if they need medical assistance."

Solutions

- Graham said staff has been talking and it will now be easier to call for more resources when there's a high number of patients and few beds.

Hospitals are often busy, but what was unusual Tuesday was that code being called to get more help. Doctors resorted to it because there was no easier way to get a quick injection of resources like paramedics.

Graham said that will be changing.

"There needs to be some sort of action-oriented code ... to activate a higher level of response and reinforcements when we get into a situation like that," he said.

Rainmen 'Magical' teacher



Bicentennial School Grade 6 teacher Jason Wade yesterday won a new desk chair, classroom supplies, a basketball and tickets for the next Halifax Rainmen home game. Wade was nominated by fellow teachers for the KidsFest and Rainmen prize for his "magical" teaching.

Long-serving nurse hit with suspension

COLCHESTER A veteran registered nurse at Colchester Regional Hospital has been suspended for incompetence and professional misconduct.

The recent decision by the College of Registered Nurses of Nova Scotia marks the second suspension for Kimberly Ann Lockhart, who had been on interim suspension.

Between December 2006 and November 2007, Lockhart admitted to failing to ensure the safe administration of medications; failing to practise nursing with appropriate knowledge, skill and judgment; failing to be accountable and responsible for her own nursing practice; failing to communicate appropriately with a client and family members and not paying appropriate attention to the client.

Lockhart won't be able to work until she passes a refresher program. The suspension was an agreement between the nurse and the College of Registered Nurses. **METRO HALIFAX**



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Part 6

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 When you were quite young and went out for a ride or a visit or to do errands, you told your parents that you needed to go... They told you to wait because you were almost there!

At school:
 What could be more embarrassing than having to go to the washroom in those large, echo-prone elementary or high school toilet facilities? Do you remember how embarrassed you were by those unseemly noises? And by the fear of leaving a bad smell?

At work... *To be continued on January 27th...*



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Canada

Election not wanted, Liberal leader says

The Opposition leader said yesterday that Canada needs an election over next week's budget "like a hole in the head" — the latest sign that he will keep the minority Conservative government in power.

If the Opposition Liberals vote against the Tuesday budget, the government will almost certainly be defeated. That could trigger an election at the end of February or the start of March.

"We need an election in February like a hole in the head. It is not the preferred choice of Canadians. We're in a recession (and) Canadians all know that an elec-

"We need an election in February like a hole in the head ... We're in a recession (and) Canadians all know that an election is expensive."

Michael Ignatieff

tion is expensive," Liberal Leader Michael Ignatieff told a televised news conference in Montreal.

Ignatieff told Reuters on Tuesday that he was quite prepared to vote against the budget if he felt it could not tackle the growing effects of the financial crisis. He also said he was trying to calm political tempers.

Prime Minister Stephen Harper needs the support of the Liberals to back the

budget, given that the two other opposition parties in Parliament have already made clear they will vote against it.

The government infuriated opposition parties late last November by issuing a financial update that predicted the country could stay in surplus over the next five years, as long as it did not embark on measures to stimulate the economy.

REUTERS

Lawyer plans freedom of religion defence in polygamy case

COURT The lawyer for one of two religious leaders facing polygamy charges in British Columbia said he plans to use gay marriage and the right to religious freedom to defend his client.

Blair Sufredine, lawyer for Winston Blackmore, said that if adults of the same sex can legally marry, the same right should apply to adults who want to enter conjugal relationships with more than one person at a time.

Blackmore, 52, is charged with having 20 wives. He and James Oler, 44, who is also facing polygamy charges for having two wives, appeared in court in Creston, B.C., yesterday morning.

METRO CANADA

One love

- The main Mormon church ended the practice of polygamous marriage in 1890.

Vancouver Cancer dance



Ballerinas strike a pose yesterday to raise awareness about The Weekend To End Breast Cancer, which takes place across Canada every summer. Three of the 27 dancers wore pink to represent the ratio of women who will be diagnosed with the disease.

KRISTEN THOMPSON/METRO CANADA

News in brief

SUPREME COURT Wal-Mart Stores Inc. violated the rights of workers at a Quebec store when it closed the store following union-organizing efforts, lawyers for the workers told the Supreme Court of Canada yesterday. The case has the potential for widespread

repercussions as unions seek a foothold in Wal-Mart stores in Canada and the United States.

ASSAULT A Saskatchewan provincial court judge has been removed from his court duties after being charged with two counts of assault, CBC

News Online reports. Judge Donald Bird has not sat in court since Dec. 4, 2008, when provincial court Chief Judge Carol Snell learned Bird was the subject of a criminal investigation, Snell said in a news release.

METRO NEWS SERVICES

New cream might prevent spread of herpes infection

Researchers say they have developed a cream that might prevent herpes infection for as long as a week — a potentially big step in protecting women from the sexually transmitted infection. The cream uses a new kind of therapy called RNA interference to turn off genes that the virus uses to invade cells, the researchers said. **REUTERS**

7

World



Chile swaps martinis for condoms

It's out with the Martini and in with condoms as Chile revamps its consumer price index to reflect changing consumer patterns. The new measure, with a December 2008 base, will put more emphasis on transport costs and less on food. Other items added to the index basket include hamburgers, rum, hunger-suppressants and Internet services, while film, video rentals and computer diskettes were among those withdrawn. **REUTERS**

Obama springs into action on first day

U.S. President Barack Obama had a busy first full day in office that saw him meet his economic advisers and war council and plunge into Israeli-Palestinian peace diplomacy.

Obama's packed agenda signaled he was serious about meeting his promise to break sharply with his Republican predecessor George W. Bush's policies at home and abroad.

He even managed to squeeze in one small but pressing matter — retaking his oath of office. Chief Justice John Roberts had inadvertently switched a word while administering it on Tuesday.

Acting swiftly on Day 1 after his inauguration, Obama also ordered a full review of the U.S. strategy in Afghanistan, where he has pledged to boost troop numbers, and told generals to take the first steps toward executing his campaign pledge to withdraw troops from Iraq.

Obama, who has vowed a bolder pursuit of Israeli-Palestinian peace than

\$358B rescue plan

• A U.S. House panel yesterday backed a \$358-billion package of new government spending, the first key test for a massive Democratic plan aimed at boosting the ailing U.S. economy.

Bush, also called Israeli and Arab leaders to promise his help in consolidating the Gaza ceasefire.

"He pledged that the United States would do its part to make these efforts successful, working closely with the international community," White House spokesman Robert Gibbs said.

With his prompt attention to the decades-old Middle East conflict, he made clear it would be a top foreign policy priority among the problems he inherited from Bush.

On the domestic front, with markets volatile and job losses mounting, Obama held a late afternoon meeting with top economic advisers to try to chart a course out of the economic crisis.

REUTERS

U.S. President Barack Obama, alongside his wife, Michelle Obama, greets members of the public touring the Blue Room of the White House in Washington, D.C. yesterday.

Guantanamo closure orders set for today

PRISON U.S. President Barack Obama is ready to issue orders today to close Guantanamo prison and overhaul the treatment of terrorism suspects, in a swift move to restore a U.S. image hurt by charges of torture.

A draft executive order obtained by Reuters yesterday sets a one-year deadline to close the controversial U.S. military prison at Guantanamo Bay, Cuba, where foreign terrorism suspects have been detained for years without trial.

Yesterday, a military judge suspended the cases of five suspected plotters of the 9-11 attacks on the U.S. and of Canadian Omar Khadr, a day after Obama sought a 120-day suspension of pending Guantanamo cases.

He will also ban abusive interrogations and order a review of detention policies for captured militants, aides said. **REUTERS**

Israeli forces finish withdrawal from Gaza Strip

CEASEFIRE Israel completed a troop pullout from the Hamas-ruled Gaza Strip yesterday, starting its relationship with U.S. President Barack Obama by leaving Palestinian land devastated by the offensive.

"We've redeployed on our side of the frontier and we will follow events closely," said Mark Regev, a spokesman for Israeli Prime Minister Ehud Olmert. "If Hamas breaks the ceasefire, we of course reserve the right to act to

protect our people."

Obama's predecessor, George W. Bush, endorsed Israel's right to defend itself against rocket fire by the Gaza Strip's ruling Hamas Islamists.

Obama reiterated that he and his administration would work to achieve Middle East peace, a Palestinian official said.

Under international pressure to end the deadliest Israeli-Palestinian fighting in decades, Israel and Hamas declared sepa-

No uranium?

• Israel denied yesterday its armed forces used ordnance with depleted uranium during the Gaza Strip offensive, and said that could be proven by any UN investigation.

rate ceasefires on Sunday, opening the way for more aid to be brought into the rubble-strewn enclave where thousands are

homeless.

Reconstruction, if it can be launched in light of the West shunning of Hamas as a "terrorist" group, may cost close to \$2 billion, according to Palestinian and international estimates.

Diplomatic efforts led by Egypt were focusing on reaching a long-term Israel-Hamas truce deal, far short of an accord on Palestinian statehood sought by the United States and other international peace brokers. **REUTERS**

Senate approves Clinton as U.S. secretary of state

POLITICS Hillary Clinton Rice won U.S. Senate approval

as secretary of state yesterday despite renewed Republican concerns about potential conflicts of interest created by her husband's foreign fundraising.



On a 94-2 vote, Hillary Clinton approved Clinton's nomination by President Barack Obama to be the top U.S. diplomat. Clinton, a former first lady and New York senator, was sworn in shortly after the Senate acted and replaces former Secretary of State Condoleezza

During a Senate debate, Republican Sen. John Cornyn of Texas raised the potential for conflicts of interest created by foreign donations to the charitable foundation of her husband, former president Bill Clinton.

Among the nearly \$500 million given to the foundation, established by Bill Clinton to pay for his library in Arkansas and charitable projects around the world, are donations from foreign governments that Hillary Clinton could deal with in her new role. **REUTERS**

Suspect in London bombings arrested after raid in Pakistan

PESHAWAR A Saudi national suspected of involvement in the 2005 bombings of the London transport system and of being an al Qaida militant was arrested yesterday, Pakistani officials said.

The man identified as Zabi-ul-Taifi was arrested along with six other militants in a pre-dawn raid on the house of an Afghan

refugee.

The intelligence officials had earlier said that the arrested men were believed to have planned attacks on trucks taking supplies to Western forces in Afghanistan and they included four Arabs and three Afghans. A militant source had said that two Arabs and five Afghans were arrested. **REUTERS**

Caroline Kennedy withdraws bid for Clinton's spot in Senate

SENATE Caroline Kennedy told New York Gov. David Paterson she was withdrawing from consideration to replace Hillary Clinton in the U.S. Senate, The New York Times reported.

The New York Post also reported that the daughter of slain president John F. Kennedy withdrew from consideration, citing unnamed sources.

Kennedy, 51, spent part of her youth in the White House but has never held public office.

After President Barack Obama tapped Clinton to be his secretary of state, Kennedy launched an unusual public campaign to replace her. The move was seen as a possible continuation of the Kennedy political dynasty. **REUTERS**

News in brief

SOUTH AFRICA Graca Machel, the wife of Nelson Mandela, yesterday described Zimbabwe's government as illegitimate and said regional leaders had allowed hundreds of thousands to die needlessly in the African nation. Zimbabwe

we is facing a humanitarian catastrophe as President Robert Mugabe and the opposition bicker over a stalled power-sharing deal. Rights groups say scores of opposition activists have been murdered, tortured and beaten. **REUTERS**

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Comment

A third force in Canuck politics

Home&Abroad

Andrew Cohen

Canada & world insight

It is heartening to learn that Barack Obama plans to make his first foreign trip as president to Canada.

It is something of a tradition for a new president to visit Canada before he visits anywhere else. It is an expression of respect for America's oldest friend and largest trading partner.

In 2001, the newly-elected George W. Bush went to Mexico first. It was considered a snub in Ottawa, an inauspicious beginning to a prickly relationship between Bush and Jean Chrétien.

Our amour propre was wounded, again, when Bush addressed Congress after 9-11. Acknowledging the many countries which had helped the United States, he ignored Canada.

Not terribly gracious, we thought.

Two years later, Canada refused to go to war in Iraq and conveyed its decision badly to Washington. An angry president cancelled a visit to Ottawa that spring. Said he was too busy.

George W. Bush knew or cared little about Canada. As a southwestern, conservative, religious Republican, he was remote from this country, geographically, ideologically and temperamentally. When Iraq

That's gone now. Like almost everywhere else in the world, Barack Obama is a darling in Canada. Looking at him and the hope he's generated, Canadians are disappointed with their fractious politics.

Behold, American envy. It is now the United States, not Canada, which is new and daring. While we grudgingly elect a dour, flinty economist, Americans embrace a conciliatory, inspiring supernova.

This is hard for Canadians, who have long thought that they are more liberal, that they're more tolerant of visible minorities, that America is a melting pot of conformity. No longer.

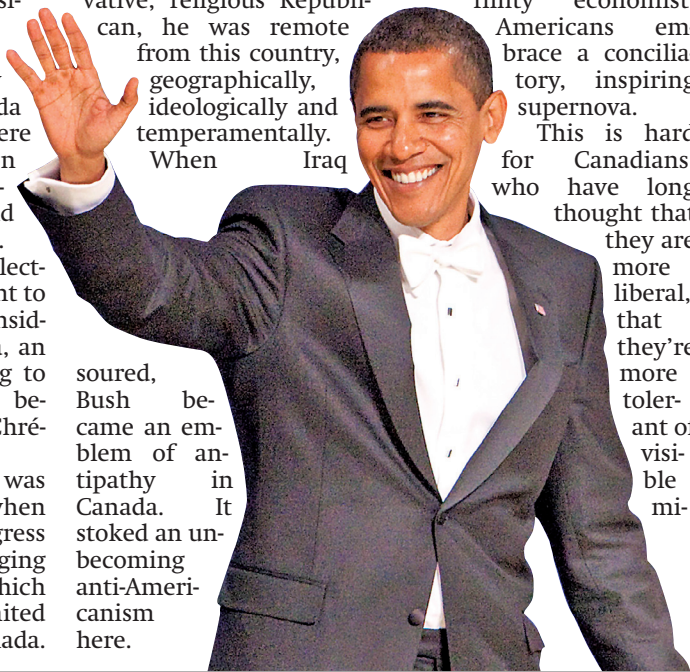
Indeed, so great is Barack Obama's appeal that he could become a third force in our politics. He's more popular than Harper here, and that gives him credibility.

The president's influence, should he use it, may be greatest in climate change; Obama is expected to urge Canada to adopt higher continental standards on carbon emissions. This is a problem for Harper, who has supported the oilsands in Alberta, a huge source of pollution.

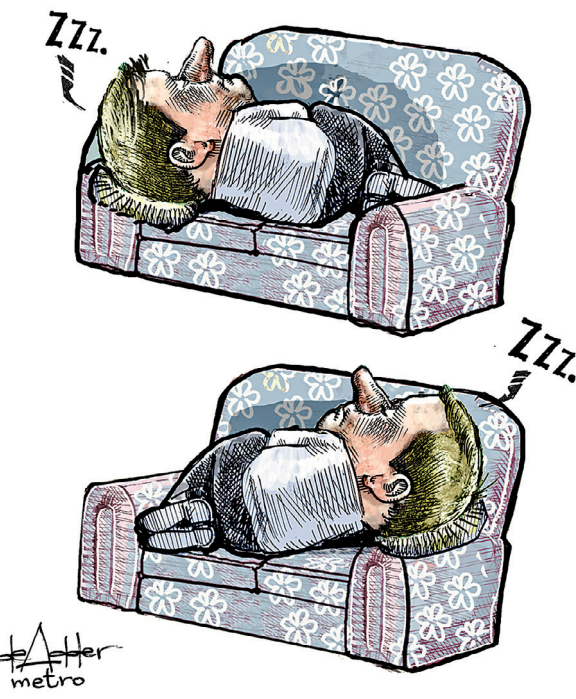
Then there is Afghanistan, where the Americans are increasing their military commitment. They will probably ask us to stay longer than 2011, when our troops are to leave.

As the president prepares to come to Ottawa, Harper will learn there is another leader of the opposition. His name is Barack Obama.

Andrew Cohen teaches journalism at Carleton University. He is the author of *Extraordinary Canadians: Lester B. Pearson*.



STEPHEN HARPER CHANGING HIS POSITION ON OMAR KHADR:



Worth mentioning

Cleaner air equals longer lives: Study

Dramatic improvements in U.S. air quality over the last two decades have added 21 weeks to the life of the average American, researchers reported yesterday.

Reducing fine particles given off by automobiles, diesel engines, steel mills and coal-fired power plants have added as much as 15 per cent of the 2.72 years of extra longevity seen in the U.S. since the early 1980s, researchers wrote in the *New England Journal of Medicine*.

Changes in smoking habits are the biggest reason why Americans are living longer, said Arden Pope, an epidemiologist at Brigham Young University in Utah who led the study.

Improved socio-economic conditions, judged partly

by the proportion of high school graduates living in an area, rank next. But cleaner air was a big factor.

"It's stunning that the air pollution effect seems to be as robust as it is after controlling for these other things," Pope said.

The findings show there has been a real dividend from the efforts since the 1970s to improve air quality, said Pope.

In a commentary, Daniel Krewski of the University of Ottawa said the study "provides direct confirmation of the population health benefits of mitigating air pollution and greatly strengthens the foundation of the argument for air-quality management."

Based on earlier research, the World Health Organization has estimated that 1.4 per cent of all deaths around the world are caused by air pollution particles.

REUTERS

Metro Online Poll Results

66% SAID YES

Can Barack Obama reverse America's dwindling fortunes?

Weigh in on today's question at metronews.ca

34% SAID NO

Views

A reckless heart is really the danger



Doug Firby

There's a popular current of thought that snow resorts should "ban" skiers and riders who go out of bounds, for fear they are costing taxpayers a lot of money when they need to be rescued from remote backcountry locations.

But not every back country adventurer needs to be rescued. And charging them thousands of dollars for the rescue could discourage some from calling for help when they really need it.

When three skiers and one snowboarder slipped out of bounds at Vancouver's

Grouse Mountain resort earlier this month in pursuit of some fresh powder, for example, they were "rescued" even though they reportedly didn't seek any help. In that case, the rescue — and subsequent ban from Grouse Mountain — was the resort's way of driving home the point that they don't want their facility used as an entry way to the back country.

In some cases, however, resorts have no such authority. All any resort can do is try to ensure there are plenty of signs warning adventurers of the potential dangers beyond the boundaries. Backcountry adventurers are supposed to register with Parks Canada before they head out, but you'd need an army of wardens to enforce such a requirement.

"It's too bad we couldn't bill people for being stupid or reckless. Often it's the ill-informed and ill-equipped ones who are the cause of trouble."

There is one offence, however, that ski areas can and do clamp down on — skiing or riding in closed areas. Guests who enter a closed area are liable to have their passes yanked for the season.

Areas are closed because they either don't have enough snow or have unstable conditions, including risk of avalanche. Knowingly entering one of those areas is an invitation for trouble, and a violation of the Alpine Responsibility Code, which requires skiers and riders to "stay off closed trails and closed areas." When you

purchase your pass in western Canada, you agree to the terms of the code.

Snow resorts strongly prefer guests stay within bounds. The moment you slip under that rope, you are rolling the dice on conditions.

It's too bad we couldn't bill people for being stupid or reckless. Often it's the ill-informed and ill-equipped ones who are the cause of trouble. And everyone ends up paying the price for that.

Doug Firby is Associate Director of Communications for Sunshine Village Ski and Snowboard Resort in Banff, Alta.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Marching for lower interest rates

Thousands of labour union members marched yesterday outside the offices of Brazil's central bank in Sao Paulo and Brasilia, calling for a steep drop in interest rates to help spur the country's economy and prevent mass layoffs. **REUTERS**

9

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

The DAILY BUSINESS BUZZ

Resale near record high:

The Nova Scotia residential MLS resale housing market defied national trends in 2008, posting near-record results for the number of units sold and the dollar value of residential transactions.

Creditor protection extended for ScoZinc:

Nova Scotia's Supreme Court has extended creditor protection for Acadian Mining subsidiary ScoZinc until March 20.

Lower wholesale sales:

Wholesalers reported lower sales in Ontario, Quebec and all the western provinces during November, reflecting weakness in sectors such as building materials. Among the Atlantic provinces, only P.E.I. posted higher sales.

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DAILY BUSINESS BUZZ
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Deficit to reach \$13B?

Canada's budget deficit is likely to total at least \$13 billion in the 2009-10 fiscal year, or 0.8 per cent of gross domestic product, before any stimulus measures are taken, the parliamentary budget officer said yesterday.

The new estimate compares with the officer's estimate last November of a deficit of \$3.9 billion for the same period.

To avoid a long-term structural deficit, the Conservative government's upcoming budget should avoid any permanent measures, such as permanent tax cuts, that cost

Budget plans

- The budget next week will contain tax measures, Finance Minister Jim Flaherty said yesterday, but declined to say whether they would be permanent or broad-based measures.

more than \$6 billion annually, according to briefing notes published by Kevin Page, Canada's independent budget officer.

The rapidly worsening outlook for the economy — the average private sector forecast now calls for the

economy to contract 0.8 per cent this year — led Page to predict cumulative budget deficits of \$46 billion from 2009-10 to 2013-14.

Since the PBO's November 2008 report, "The near-term outlook for the Canadian economy has weakened further and is projected to remain below its potential capacity over 2008-2013," Page said.

That represents \$20,000 in lost income for every household in that period, he said.

And the deficit could be as high as \$21 billion annually if the situation deteriorates further. **REUTERS**

Bankrupt Nortel grounds corporate jet

BANKRUPTCY Nortel Networks Corp. has grounded its corporate jet as the telecom equipment maker cuts costs and restructures its ailing business, which is in bankruptcy protection.

The company is also in

talks to get rid of the plane, which was used primarily to ferry chief executive Mike Zafirovski on business trips.

"It was one of the first things to go," company spokesman Mohammed

Nakhouda said yesterday. He was unable to say when the jet was used last.

Critics have tried to fashion private corporate jets into symbols of excess, particularly given the economic downturn. **REUTERS**

Indonesia Toyota's No. 1



A model stands next to the new version of the Toyota Hilux double cabin during its launch in Jakarta yesterday. Toyota surpassed General Motors in 2008 global sales to assume the title of largest automaker for the first time, logging 8.97 million sales compared to GM's 8.35 million.

Business in brief

INQUIRY The Securities and Exchange Commission is examining Apple Inc.'s disclosures about chief executive Steve Jobs' health problems to ensure investors were not misled. Jobs is taking a six-month leave for "more complex" than anticipated health issues.

JOB CUTS Analysts anticipate Microsoft will post a quarterly profit of 49 cents US a share, off its 51 to 53 cents US a share forecast, and announce 6,000 to 8,000 job cuts this week, as the global downturn affects even technology's biggest players.

ABCP Structured-finance company Coventree Inc., hard hit by the meltdown of non-bank asset-backed commercial paper (ABCP), said it will wind down operations now that a plan to restructure billions of dollars of non-bank ABCP has been finalized. **REUTERS**

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GOOD THINGS HAPPEN IN 3S

Correctly identify the 3 Rainmen players whose numbers appear somewhere in Metro today, tomorrow and Friday and enter them online at metronews.ca

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The Pittsburgh Steelers will wear their white road uniforms against Arizona in the Super Bowl, just as they did when they defeated Seattle for the NFL title three years ago in Detroit. The Cardinals, as the home team, chose to wear their red home jerseys in the Feb. 1 game in Tampa. **METRO NEWS SERVICES**

Sports

JOHN.CHICK@METRONEWS.CA

Kent hangs up the spikes

MLB Jeff Kent will announce his retirement from baseball today. Kent spent 17 years in the majors and leaves as the career home-run leader among second basemen with 351. The 40-year-old played for the Blue Jays, Mets, Indians, Giants, Astros and Dodgers.

METRO NEWS SERVICES

Sports in brief

NHL All-star festivities kick off this weekend in Montreal. Cole Harbour's Sidney Crosby expects to play despite his sore left knee. **METRO NEWS SERVICES**

SCOREBOARD

QMJHL

YESTERDAY'S RESULTS
Moncton 4 **HALIFAX** 2
Baie-Comeau 5 Acadie-Bathurst 2
Cape Breton 6 Quebec 1
Gatineau 4 Val-d'Or 1

PBL

	W	L	PCT
Vermont	3	2	.500
Manchester	3	2	.600
HALIFAX	3	3	.500
Montreal	2	2	.500
Quebec	1	3	.250

HALIFAX at Buffalo

SUNDAY'S GAME
Buffalo at **HALIFAX**

NHL

YESTERDAY'S RESULTS
Boston 4 Toronto 3 (SO)
New Jersey 5 Montreal 2
Dallas 4 Florida 1
N.Y. Islanders 2 Anaheim 1
Philadelphia 5 Atlanta 3
Tampa Bay 5 Buffalo 3
St. Louis at Chicago
Los Angeles at Colorado
Columbus at Calgary

NBA

YESTERDAY'S RESULTS
Detroit 95 Toronto 76
Boston 98 Miami 83
Charlotte 101 Memphis 86
Milwaukee 133 Dallas 99
New York 114 Phoenix 109
New Orleans 102 New Jersey 92
Utah at Houston
Washington at Sacramento
Cleveland at Portland
L.A. Lakers at L.A. Clippers
Oklahoma City at Golden State

GOOD THINGS HAPPEN IN 3s

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Happiness is Moncton in the rearview mirror

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are no doubt glad their season series with the Moncton Wildcats is finally over.

The Mooseheads played their final game against the Atlantic Division-leading Wildcats last night at Moncton Coliseum and

lost 4-2, finishing with a 1-7 head-to-head record.

Churchville native Scott Brannon scored the eventual winner, his 25th goal of the year, with 9:14 remaining. Devon MacAusland scored into an empty net in the final minute.

"It's been a good series ... Obviously, it's been a lop-sided series, but they're a top team in Canada," said Mooseheads head coach

Cam Russell. "We've seen a good effort against them every time out and it's been a good rivalry."

Jan Stransky, with his eighth goal in six games since joining the Mooseheads in a December trade, and Jessyko Bernard, returning from a groin injury, were Halifax's scorers.

The Mooseheads outshot the Wildcats 38-28. Moose-

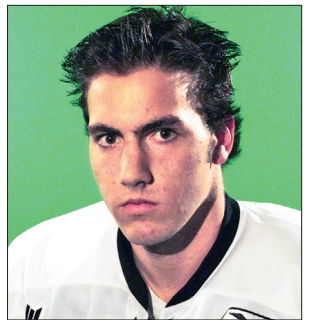
heads goalie Mark Yetman finished with 24 saves.

"We played well enough to win," Russell said.

The squad is 13-29-2-2, 17th in the 18-team QMJHL.

Top-scoring defenceman Justin Pender (abdominal strain) sat out again and Matt Boland (flu) also didn't play.

Halifax hosts the Quebec Remparts Friday at 7 p.m.



Jessyko Bernard scored in his return from injury.

Does the NHL's future success lie across the pond?

If you go back to 1957, a hockey fan might have called it preposterous, the notion of having an NHL team in southern California.

Ten years later, the Los Angeles Kings were born.

In 10 years from now, where will the NHL be?

To some, the answer is clear: Europe. Perhaps a European division — Berlin, London, Prague, Stockholm, Helsinki, Zurich. It's not a far-fetched idea.

"There is a great deal of enthusiasm and a real market for the NHL game in Europe," says Paul Kelly, executive director of the NHL Players Association and one of the leading proponents of the globalization of the game.

For now, the league talks only of doing what's best for the 30 existing teams.

The Phoenix Coyotes are living off league handouts, the Florida Panthers have laid off staff, the Nashville Predators have one of its owners in bankruptcy



Lack of interest in many American cities, combined with the current economic climate may lead the league to expand across the Atlantic. But would Europe accept the NHL?

court, the Atlanta Thrashers owners are suing each other, and the situation in Tampa changes minute-by-minute.

Relocating weak teams — perhaps putting a second team in Toronto, or one in Hamilton or Winnipeg — within North America is certainly more likely in the short term than locating a team in Europe, said Kelly.

Detlev Zwick, a professor of marketing in the Schulich School of Business at York University in Toronto, sees Europe as the NHL's best hope, believing the North American sports market to be saturated, witnessing an economy in recession.

"They have to look at Europe, and yes, there are lots of logistical problems that come into play," says

Zwick. "But it's sort of inevitable from a corporate perspective. They need to develop new markets if they want to see real growth."

The NHL also has its reputation at stake as the world's top hockey league. It faces a direct threat from the KHL, the former Russian Super League that has pan-European aspirations. "The NHL may not

"The NHL may not have a choice."

Detlev Zwick

have a choice if they are to maintain their premier position as the best hockey in the world," said Zwick.

Caught in the middle are European ice hockey federations, desperate to keep their national leagues intact, fearful that the biggest cities in those leagues would be poached by outside interests.

"We don't see any reason for the NHL to play permanently in Europe," Jukka-Pekka Vuorinen, president of Hockey Europe, said.

The International Ice Hockey Federation says the NHL would fail miserably, citing the fact that the NFL pulled the plug on the money-losing NFL Europe and saying the NHL would be seen as interlopers along the line of how the WHA was perceived when playing in NHL cities.

"It would be a potential disaster for this NHL's European division," said Rene Fasel, president of the IIHF. **TORSTAR NEWS SERVICE**

Economic woes driving down Super Bowl ticket prices

Tickets for the National Football League's Super Bowl could be the most affordable in years as a recession drives down prices, top ticket-exchange executives said.

Ticket prices to watch the Pittsburgh Steelers battle the Arizona Cardinals in the championship game have slumped as much as 40 per cent in the secondary market due to weak de-

mand. "The most obvious thing to point to is the economy," said Eric Baker, chief executive of viagogo, a London-based secondary ticket exchange. "There's no question that at the high end of the market, when things are softer, you get fewer people. Fewer corporations are going to shell out big bucks."

Ticket prices overall are down about 38 per cent to

about \$3,100 US, the lowest level since 2006, when the Steelers won their last title, Baker said.

Prices at viagogo, which is backed by European venture capital firm Index Ventures, are down about 40 per cent to \$2,900 US.

The NFL, like most sports globally, has been hurt by the recession. Last month, the NFL, the U.S. sports league with the

strongest television ratings, said it would cut 14 per cent of its work force. Tickets to the Super Bowl carry a face value of either \$800 US or \$1,000 US, with about 1,000 tickets priced at \$500 US this year in response to the slumping economy. However, prices to popular sporting events are often resold at prices far higher than face value.

REUTERS

Conrad competes at world championships

Dartmouth half-pipe snowboarder Sarah Conrad will be back in action today as the FIS world championships get underway in Sungwoo, Korea. Conrad is gunning for a spot in the final as she works toward the 2010 Vancouver Olympics. **METRO NEWS SERVICES**

sports **11**

King Handles gets top marks off court

MATTHEW WUEST

matthew.wuest@metronews.ca

If you go to The Tower looking for Joey (King Handles) Haywood, Ross Quackenbush will have a pretty good idea of where you might find his star point guard.

"Where's Joey? Joey's studying. He's studying ... all the time," the Saint Mary's Huskies men's basketball coach says. "He's made the academic commitment whole hog."

For all the unthinkable things Haywood has done on the court this season while leading Atlantic University Sport in scoring as a first-year athlete, it's what he's done off the court that is perhaps his most satisfying achievement.

The 6-1 Vancouver native has maintained a 3.0 grade-point average as an arts student, focusing on psychology courses in pursuit of a career as a social worker.

That success is something he never dreamed of growing up in Vancou-

ver. He was told in elementary school he had a learning disability and was placed in special classes.

"I was always in special classes ... I never had confidence in myself," he says.

"This is giving me an opportunity to see if I still have a learning disability, or, do I even have a learning disability? I don't think I do, when I scored a 3.0."

The 24-year-old says he's one of the only people in his family who has gone to university. He finished high school in 2002 and spent six years traveling the world on the streetball circuit.

Academics were never much of a consideration.

"I just always played basketball," he says.

When Quackenbush recruited him last May after stumbling upon him in a pickup game, it changed his life.

"I hadn't opened up a book since 2002," Haywood admits.

"People say university is hard, but you put your mind to it and you can do whatever you want. It just takes determination."

Haywood made a name for himself as a streetballer on the And1 Mixtape Tour, nicknamed King Handles for his magical ball-handling. But some wondered how Haywood would adjust to a more structured university offence.

Nine games into his AUS career and he is No. 1 in the conference with a 20.6 points-per-game average. He also averages 6.4 rebounds, 3.2 assists and 2.2 steals.

Haywood is an entertaining player because of his skill level, but Quackenbush says the key to his



Joey Haywood has seamlessly made the transition from the streetball circuit to a more structured university offence.

success — on and off the court — is that he's "always working so darn hard."

"It's no surprise," Quackenbush says. "If you put the time in, you get the results. He's one of the best players this conference has produced. And there have been a lot."

Female Tigers heating up

AUS The Dalhousie Tigers are starting to show the promise everyone expected of them before the season began. After opening the Atlantic University Sport women's basketball season on a three-game slide, the Tigers are currently riding a sizzling seven-game winning streak. They're 7-3 and slowly making up ground in the standings, tied for second, two points out of first place. "People gave us a hard time for the rough start," Tigers head coach Carolyn Savoy said. "On paper, we looked pretty strong. But of course, paper didn't win us much."

The big difference? Health. Early in the year, the Tigers had a handful of players in and out of the trainer's room. All-star guard Alex Legge was notably absent, but now she's back and playing with a stretched knee ligament. "We had a

three-week period where we had seven to 10 players practising, and it wasn't the same seven to 10 each time," Savoy said. "You can't get used to playing with each other when you're in and out of the lineup like that. We're starting to come

together."

Jenna Kaye, a transfer from P.E.I., has been a standout, averaging 12.6 points, 6.2 rebounds and 5.6 assists. Post Laurie Girdwood has a team-best 16.3 points and 7.6 rebounds.

METRO NEWS SERVICES

Arsenault wins twice on opening day

CURLING Top-seeded Mary-Anne Arsenault won both of her games on opening day of the Nova Scotia Scotties Tournament of Hearts at the Bridgewater Curling Club yesterday.

The Mayflower skip edged clubmate Mary Mattatall 7-6 in the afternoon

draw, then took down Glooscap's Jocelyn Nix 7-5 in a tight evening affair. Arsenault, who skipped a different rink to a Scotties championship last year, is tied atop the standings with Truro's Colleen Pinkney (2-0).

Locked in a second-place

tie with 1-1 records on opening day are Mattatall, Mayflower's Jill Mouzar and Sarah Rhyno, and Dartmouth's Nancy McConnery.

Nix and Mayflower's Margaret Cutcliffe are tied for last at 0-2.

METRO NEWS SERVICES



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Sweet, steamed cakes are popular during Chinese New Year; their sweetness symbolizes a rich, sweet life, the layers symbolize rising abundance for the coming year, and the round shape signifies family reunion. **METRO NEWS SERVICES**

Food

"The word for fish, 'Yu,' sounds like the words both for wish and abundance. On New Year's Eve it is customary to serve a fish, symbolizing a wish for abundance in the coming year."

Barb Holland/for Metro Canada



Served whole

For added symbolism, the fish is served whole, with head and tail attached, symbolizing a good beginning and ending for the coming year.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Here's to another New Year

À la carte

Barb Holland

Metro Food Writer



As it falls on the first day of the lunar calendar, the specific date of Chinese New Year changes each year. This year, 2009, it is Jan. 26 and this is the Year of the Ox.

Given the importance of food in Chinese culture, it is not surprising that food plays a major role in Chinese New Year celebrations and "lucky" foods are served through the two-week Chinese New Year celebration.

What gives a certain



Noodles — very popular in Chinese cuisine — represent a long life and it is considered bad luck to cut them.

food symbolic significance? Sometimes it is based on appearance. Noodles represent a long

life; an old superstition says that it's bad luck to cut them. Or, a food may have special significance

because of the way the Chinese word for it sounds. The Cantonese word for lettuce sounds like rising fortune, so it is common to serve a lettuce wrap filled with other lucky food.

Kung Pao Chicken

This spicy dish is served in both Szechuan and Hunan restaurants. Serve with rice or noodles and a green vegetable such as bok choy. Makes 4 servings.

INGREDIENTS:

- 1 lb (500 g) boneless, skinless chicken thighs or breasts, trimmed of any fat and cut into 3/4-inch (2 cm) cubes
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) dried hot pepper flakes

- 1 tsp (5 ml) cornstarch
- 1/4 cup (60 ml) chicken broth
- 1 tbsp (15 ml) Chinese black vinegar, balsamic or rice vinegar
- 1 tsp (5 ml) sugar
- 2 tsp (10 ml) Asian chili garlic sauce
- 1 tsp (5 ml) hoisin sauce
- 1 tbsp (15 ml) vegetable oil
- 1 red pepper, cut into 1-inch (2.5 cm) squares
- 1/2 tsp (2 ml) cornstarch stirred into 1 tsp (5 ml) cold water
- 1/3 cup (75 ml) roasted, salted peanuts
- Cooked rice or noodles

METHOD:

In a medium bowl, stir together soy sauce, hot pepper flakes and cornstarch until smooth. Add chicken and toss gently to coat. Let

stand 10 minutes while preparing remaining ingredients.

Sauce: Stir together broth, vinegar, sugar, chili garlic and hoisin sauces, set aside.

Heat oil in large skillet or wok over medium-high heat. Add chicken and stir-fry until lightly cooked, 1 to 2 minutes. Add red pepper and stir-fry until tender-crisp, about 2 minutes. Stir in sauce mixture until bubbly and heated through.

Add dissolved cornstarch and cook, stirring gently until sauce thickens, about 30 seconds. Stir in peanuts and serve over rice or noodles.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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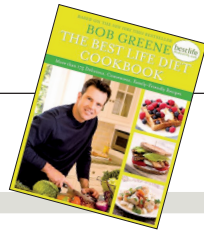
*See dealers for complete program details.

Start Smart



A popular choice

Still trying to lose the holiday weight? You're probably not the only one. The Best Life Diet Cookbook: More than 175 Delicious, Convenient, Family-Friendly Recipes by Bob Greene topped Amazon.ca's list for best-selling cookbooks last week. **METRO NEWS SERVICES**

**LiquidAssets**

Peter Rockwell

liquidassets@eastlink.ca

Long lost grape

When it comes to grapes there's been a lot of excitement in the vineyards over the last few years.

We've seen the return of long forgotten whites (riesling, sauvignon blanc), the rise of the South American red (malbec, carménère) and Obama-sized adulation for inventive blends (like the marriage of shiraz and viognier). Unfortunately all this "cool" fruit has taken its toll on one of my favourite varietals: Chardonnay.

First planted in France's Burgundy region, it's now grown just about everywhere which has fuel the fire under complaints that any originality has been long lost. I blame the over oaking of many a chardonnay for all the back-turning, and most winemakers have been toning it down to

reveal fresher flavours.

The 2007 **Fat Bastard Chardonnay** (\$14.95 - \$16.99) from southern France is a perfect example of where subtle barrel aging really lets the grape's lemony fruit come forward.

Over in California the 2006 **J. Lohr Riverstone Chardonnay** (\$20.75 - \$23.98) shows its light woodiness in the vanilla, coconut and butterscotch highlights that fuel its ripe, citrusy flavour trail.

Both wines make a hip reintroduction to a great grape and will match well with white fish, poultry dishes and lighter cream sauces.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Hockey's secret chef weapon

JENNIFER HILLIKER
for Metro Canada



Ever since the Canadian Junior Hockey Team won gold at the World Junior Hockey Championship in Sweden two years ago, they haven't wanted to change their luck.

That's why they brought Jeff Hanna and his chef Andrew Gass with them during the recent world junior championships in Ottawa.

"What you eat is a very big deal," said first-year player Tyler Myers. "It has a lot to do with your success on the ice."

A gold medal for Canada has come out of all three years Hanna and Gass have served the team.

"If they have a winning recipe for anything they do, they are going to stick with it," said Hanna, who owns The Metropolitan Grill, Tommy Burger and Seven Restolounge in Calgary.

"We're three for three. We like to think that we did our part."

The other reason why Hanna and Gass keep returning to serve the team

"Hockey Canada phoned and said, 'For the first time ever in hockey history, we're going to bring our own chefs.'"

Jeff Hanna,
restaurant owner

is because of their flair for knowing the athletes' food needs, which include grilled cheese sandwiches and plenty of pasta bolognese.

"We served them mounds and mounds of pasta — it was unbelievable," Hanna said. "The team needs lots of carbs to keep their energy up."

Added Gass: "They just want something they can recognize. They have pretty regimented routines with stuff they're used to eating before the game."

It was this taste of Canada the team needed for the gold in Sweden.

"Hockey Canada phoned and said, 'For the first time ever in hockey history,



Calgary chef Andrew Gass holds up his dish, Hearts of Romaine Lobster Caesar Salad.

we're going to bring our own chefs. With the dietary concerns in Sweden, the players aren't going to survive out there," Hanna said.

As well as serving the team day-to-day, Hanna and Gass prepared special meals. This year they took over a restaurant in Ot-

tawa on New Year's Eve to cook for the team and their friends and family.

On the menu was a three-course dinner, starting with a lobster Caesar salad with a five-cheese garlic bread, then AAA Alberta beef tenderloin with a homemade Hollandaise sauce and fresh asparagus, complete with a light and dark chocolate mousse for dessert.

"It was awesome," Hanna said of his experience. "We were treated like we were one of them. The Canadian camaraderie was incredible."

Myers said he's not a superstitious guy himself, but noted that many other players on the team have plenty of superstitions and having Hanna and Gass was a big one.

"Since that's one of them, we might as well keep it," Myers said.

On the web**Online recipe:**

• For Andrew Gass' recipe Hearts of Romaine Lobster Caesar Salad, visit metronews.ca

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Ox dishes inspire Chinese menus

RICK MCGINNIS
rick.mcginis@metronews.ca

Chinese New Year's dinner is about a lot of things — it's a celebration of family, of the year to come and an invocation of luck, and every one of these things is hinted at in a meal richly steeped in symbols.

Denise Yan, event manager of Toronto's Chinese Cultural Centre, tells me that the Chinese New Year dinner was once nearly the only regular occasion that would bring a family together, though in the age of e-mails, text messages and webcams, the sense of occasion has been diminished somewhat.

Still, young Chinese-Canadians looking for ways to maintain their identity are often "more Chinese than the Chinese in Hong Kong," and traditions like the New Year banquet remain popular, though deep-fried dishes, massive portions and rich sauces have been falling out of favour.

Ken Tam, executive chef

at Lai Wah Heen, the five star Chinese dining room at Toronto's Metropolitan Hotel, insists that the symbolic element remains paramount, no matter what innovations a chef might bring to traditional cuisine.

"Essential dishes for a Chinese New Year menu include chicken, fish, dried oyster and dried seaweed," Tam says. "This is because the dishes symbolize important Chinese meanings. For example, chicken and fish equals good fortune, dried oyster means good event, dried seaweed is associated with wealth and shrimp with laughter."

This year is the Year of the Ox, and Tam is acknowledging this with a special dessert — ox-shaped pastries. Meanwhile in Vancouver, chef Stuart Irving of Gastown's popular Wild Rice restaurant is preparing a special

"A lot of our customers are young — they're Canadian-Chinese. They like to see the mixture. We do a good play on dumplings. We like to put some western ingredients in there."

Chef Stuart Irving



three-course meal with the ox at its head. The first course is a steamed oxtail half-moon dumpling with a ceviche made of local B.C. shrimp, and the main course is a



This Chinese New Year marks the Year of the Ox, left, but many dishes are steeped in symbolism — shrimp, for example, is associated with laughter.

braised Pemberton beef shank, deboned and stuffed with Asian herbs and served with Five Treasure Rice — a twist on the traditional lotus leaf-wrapped package, and filled with water chestnut, cashews, sweet Chinese sausage, pea shoots and shallots.

Dessert is another dumpling, deep fried and filled with red bean paste and white chocolate, and served with star anise caramel tofu ice cream.

"The five treasure rise I've chosen to promote good luck," Irving says. "The dumplings are very traditional as well — I've chosen dumplings for the first and last course,

and I've tried to keep with-in tradition, but not stick with it too much. We want to keep it there, but we're not strict — we want to play it loosely."

"A lot of our customers are young — they're Canadian-Chinese. They like to see the mixture. We do a good play on dumplings. We like to put some western ingredients in there. A lot of our customers love it — it's something different. The old traditional flavours are there, but it's a bit of a twist."

On the web

Online recipe:

• "It is important to present extremely high quality seafoods, such as Abalone," says Ken Tam of Lai Wah Heen, "to recognize and celebrate the year that has gone by." To that end, he has provided this luxurious entrée with abalone at its centre.

• For the Braised Abalone in Oyster Sauce recipe, visit metronews.ca

When you're looking for the perfect pear

Wild Rice, Grapes and Blue Cheese Stuffed Port Poached Pears

Makes 8 appetizer servings.

INGREDIENTS:

Port Poached Pears:

- 3 cups (750 ml) fruity red wine, such as Zinfandel or Barbera
- 1 cup (250 ml) ruby or LBV vintage port
- 1/2 cup (125 ml) sugar
- 5 whole cloves
- 1/2 cinnamon stick, broken
- 4 California bartlett or bosc pears, peeled, cored and quartered

Wild Rice Stuffing:

- 2 cups (500 ml) water
- 1/2 cup (125 ml) California wild rice
- 1/2 teaspoon (2 ml) salt
- 2/3 cup (160 ml) quartered fresh California seedless grapes
- **Rosemary Walnuts:**
- 1 tablespoon (15 ml) butter
- 2/3 cup (160 ml) walnut halves
- 1/2 teaspoon (2 ml) crumbled, dried rosemary
- 1/8 teaspoon (0.5 ml) cayenne pepper
- Salt to taste
- **Whipped Blue Cheese:**
- 1/2 cup (125 ml) crumbled blue cheese
- 1/4 cup (50 ml) cream



Wild Rice, Grapes and Blue Cheese Stuffed Port Poached Pears

cheese, at room temperature

METHOD:

1. Bring wine, port, sugar, cloves and cinnamon stick to a boil in a large stainless steel saucepan, stirring until sugar is dissolved. Add pears; reduce heat and simmer, stirring occasionally to coat all sides of pears, for 20 minutes or until pears are tender when pierced with a toothpick. Turn off heat and let pears stand for 10 minutes. Remove from liquid and chill. Remove cloves and cinnamon and continue to cook liquid for 20 to 30 minutes or until syrupy; set aside.

2. To prepare stuffing, bring water, rice and salt to a boil in a small saucepan. Reduce heat and simmer for about 50 min-

utes or until tender. Drain off excess water and chill rice; stir in grapes.

3. To prepare walnuts, preheat oven to 325°F (162°C). Melt butter and toss with walnuts and seasonings. Spread onto a baking sheet and bake for 12 to 15 minutes, stirring every 3 to 4 minutes. Let cool and store in an airtight container until ready to use. Whip blue and cream cheeses together in a small bowl by hand or with a mixer until fluffy. To serve, scoop out a small part of the top of each pear. Place a small spoonful of cheese mixture into the cavity of each pear. Top with rice stuffing and walnuts, then drizzle with port glaze.

For this and other California inspired recipes, visit californiagrown.org/canada.

NEWS CANADA

Just a bite



Canadian actress Michelle Morgan stars in Heartland.

Actress shares her butter roasted chicken recipe

PEOPLE Canadian actress Michelle Morgan stars in the second season of the popular Canadian one-hour series Heartland, which airs nationally on CBC Television Sundays at 7 pm. Recently, Michelle was featured on City Cooks TV, sharing her favourite recipes with her fans.

Butter Roasted, Melt in your Mouth Chicken

This recipe is inspired by a Jamie Oliver recipe, but much simpler and just as tasty. A great recipe to for impressing people and making them think you're a great cook who slaved for hours. Serves 4.

Ingredients:

- 4 chicken thighs, bone in, with skin
- 4 slices of ham (I like prosciutto but any ham will do)
- 2 cloves garlic, peeled

and chopped

- 1/4 cup butter, room temperature
- Salt, pepper
- Any herbs you have on hand, I love thyme and rosemary.

Method:

Preheat oven to 425 F.

Push your fingers between the skin and flesh creating a space for your butter mixture without tearing the skin right off. Slash a deep cut into the thickest part of the thigh.

Now to make your butter mixture, slice up the ham, and mix it with the butter, garlic, rosemary, thyme, salt and pepper. Take this butter, and push it under the skin, rubbing it all over the chicken.

Place in the oven and roast for about 45 minutes. Check by slicing and making sure it's not pink but don't overcook it, it should retain those flavourful juices. And voila, you're a master chef — or so everyone will think.

METRO NEWS SERVICES

GOOD THINGS HAPPEN IN 3S

3 Rainmen

Correctly identify the 3 Rainmen players whose numbers appear somewhere in Metro today, tomorrow and Friday and enter them online at metronews.ca

3 qualifiers will be drawn on Friday, Jan 23 and will receive tickets to Metro Night with the Rainmen, Jan. 29 and will compete at half-time for a

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Half-time contestants will be notified and printed Jan. 27

Sarah Jessica comments on Obama gown

Style icon Sarah Jessica Parker tells Usmagazine.com she loved the one-shouldered full-length white Jason Wu gown Michelle Obama wore to the 10 balls Tuesday evening. "I think she will be great for the business of American fashion," Parker tells Us magazine. **METRO NEWS SERVICE**

15

Style



An accessory for the gal about town

Horried of all the germs your purse will come in contact with on a dirty restaurant floor? If so, the My Tagalongs Purse Hooker is the perfect accessory for you. This handy collapsible hook latches onto any flat surface, making it easy to keep your purse safe and clean during an evening out. The My Tagalongs Purse Hooker, \$15, comes with its own pouch and is available in the handbag section of the Bay stores across Canada as well as online at mytagalongs.com.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Judging the runway

Project Runway host Iman talks racism, diplomacy

BRIAN COULTON
for Metro Canada

Even in a black car with darkly tinted windows, you can see her sparkling.

As her vehicle pulls up, glimmers from her wrist and ears escape the glass barriers, capturing the beating sun outside. But while she may evade such obstructions, Somali-born supermodel Iman said women of colour aren't quite as opportunistic.

"I could go (on) ... on the lack of black models," she said on the Ottawa-based catwalk set of Project Runway Canada's second season, which she hosts.

Behind her mask of beauty — of her diamond-studded bracelets, earrings, shoes and her vast, glistening eyes — she knows how dark a fashion industry overrun with eastern European models really is. "Of course I am aware! It is unacceptable for people to still be behaving like we were in

the 1950s."

Aside from her 14-year-old cosmetics company designed specifically for women of colour, Iman's zeal for the issue also lead her to partake in two round-table discussions called Blacks in Fashion in New York. She said the talks, organized by pioneering black model and agent Bethann Hardison, caused Prada to use Jourdan Dunn for their fall 2008 collection, its first black model since Naomi Campbell in fall 1997.

"As a model, I can say whatever I want because I'm a citizen. I don't work for anybody. That's why I can talk about the lack of black models without anyone retaliating against me," she said.

But Iman didn't always have her eye on the runway. Before being discovered by American photographer Peter Beard at just 20 years old, Iman was set on a political career, following in her diplomat father's footsteps. But she said a diplomat

"I don't work for anybody. That's why I can talk about the lack of black models without anyone retaliating against me."

Supermodel Iman

must be wary of what they say because they have to "play ball" within the system.

Iman has her own way of being diplomatic.

"How do I really say it in the right way that I want to say it without offending or insulting people? That's the way diplomacy comes into it," she said. "How do I make them see that they are going the wrong way — how arcane they are and how out of touch they are — without saying, 'You're stupid! You're being an ass!'" she questioned.

That's why, when asked,

Iman had no qualms with allowing her only daughter (once finished school) to enter the industry if she desired. "It gives you a platform where you can actually say something that the newspapers will write about. In that way, I think there is that responsibility you can take advantage of."

Project Runway

• Season two of Project Runway premieres on Global on Jan. 27.



Project Runway host and model Iman is not only a style icon, but also a political personality with an involvement in organizations like Blacks in Fashion.

GLOBAL PHOTO

The slouchy boyfriend jean

Style File

Kim Elbo

kim.elbo@gmail.com

ask kim

When should I expect spring collections to start rolling into the stores this year?

At this time of year many outdoor stores and malls are having their sidewalk sales. This means old holiday inventory wear is being pushed out of the doors and sold outside to make room for their spring inventory. Spring collections should start coming in late January to early February. In the meantime, take advantage of the sales and grab some basics.



The Slouch
Designer: Matix
Shop: Vozz Boutique
Address: Various Locations
vozz.ca



The Flare
Designer: Parasuco
Shop: Parasuco
parasuco.com

The Slim Fit
Designer: Mavi
Shop: Mavi
Address: Various Locations
mavi.com

GlobalStyle

Kenya Hunt

Read Kenya, exclusively at metronews.ca/globalstyle and check out her blog at kenystyle.com

Jean Trends

Gossip Girl stylist Eric Daman made the boyfriend cardigan a big hit last season. This spring the slouchy boyfriend jean is the thing to wear. However, the slim fit jean is still here to stay; although instead of the typical skinny black and indigo jean, we are seeing a lighter washed up version with rips on the thighs and frays on the edges. One jean trend that will last you all year long is the flare jean. Wear the flare this season with nautical stripes or pair it with a loose boho-inspired shirt.

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It's best to repaint interior walls every three to four years — after five years, painted walls will have faded or yellowed. Walls in high-traffic areas should be re-painted every three years at the very least. HGTV.CA

Metro Homes

Shock guide

This week the Canadian Standards Association launches the 21st edition of the Canadian Electrical Code — a mandatory guide that addresses electrical safety, shock, and fire hazards of electrical products in Canada; visit csa.ca.

METRO NEWS SERVICES

It's time to give stainless steel a rest

The finish is falling out of favour, due to constant upkeep and a sterile feel

HomeScape



Let's face it, stainless steel in the kitchen may be on the verge of getting a little tired.

Not that I don't love the finish — it's got inherent good looks and it's flexible in terms of decor, but the love affair is starting to fade.

I'm not the only one who's ready to move on. Austere is becoming a dirty word when it comes to kitchen style, and it seems that choices in appliance finish are finally starting to diversify. Rich, coppery tones and warmed-up whites seem to strike more of a chord these days.

Stainless steel always had its critics, to be sure. There were many who tried to warn me about the ubiquitous fingerprint problem before I bought shiny, sparkling appliances, but I wouldn't listen. Now, after hard-won experience, I'll admit to spending more time than I'd like wiping fingerprints and other smears off my sometimes less-than-sparkly stainless steel appliances.

But even if fingerprints were not an issue, people would be starting to look further afield for something that's warmer and friendlier than stainless steel. In online chats devoted to design, you can find plenty of folks complaining about the finish's coldness and sterility.

Not surprisingly, appliance sellers are starting to respond to consumers' requests for an alternative to stainless steel. White and off-white colours such as bisque, cream and a glazed white which looks like a well-aged ivory are appearing more and more.

Jenn-Air has come out with its Oiled Bronze collection of appliances, which is getting a lot of at-



Jenn-Air's Oiled Bronze kitchen appliances, above and above right, are among the alternatives to austere stainless steel.

"After hard-won experience, I'll admit to spending more time than I'd like wiping fingerprints and other smears off my sometimes less-than-sparkly stainless steel appliances."

tention. The collection features a deep, rich bronze tone, which makes for a sophisticated and elegant look that could work well in both contemporary and more traditional settings. Check jennair.ca for a peek.

Crisp bright colour is another alternative to stainless steel that is finding its way into stylish new kitchens. We're seeing some bright, saturated colours on appliances, such as cobalt blue, lemon yellow or red, as well as more subtle colours in glass fronts.

For example, check out the coloured retro appliances from Elmira Stove Works, elmirastoveworks.com. Although the look is generally associated with



Elmira Stove Works' cheerful retro fridges come in colours including buttercup yellow, robin's egg blue and candy apple red.

the typical rec room, garage or cottage, Tony Dowling, the firm's business development manager, says he's increasingly seeing them installed in contemporary settings. The most popular colours are candy red, buttercup yellow and robin's egg blue.

British and European appliance makers like Aga and AEG have long been

more adventurous with colour, offering up bright reds and blues along with their more neutral tones. Professional-line ranges like those produced by Bluestar, Viking or Wolf have also not been shy about using colour.

Another intriguing alternative is Jenn-Air's glass-front appliances, which come in onyx black or frosted white. Dacor's Pref-

erence glass-front dishwasher also comes in striking and subtle floating glass colours such as slate green, anthracite gray, sterling gray, titanium silver, blue water or black. It's a gorgeous sleek, contemporary look, although alas, glass fronts may require as much polishing as stainless steel. But glass fronts may be perfect if you live in an adults-only

household and don't mind polishing the glass regularly.

The moral of the story is, if you're buying appliances, don't be afraid to investigate something different. Stainless steel isn't the only kid on the block anymore.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show *Arresting Design*; sputz@arrestingdesign.com.

ADVERTISING FEATURE

VALUABLE MORTGAGE

Advice

What does a Mortgage Professional actually do for you besides offering advice?

First, an Accredited Mortgage Professional (AMP) can help take the mystery out of home financing, whether it's a refinance of the home you already own or obtaining a mortgage on your very first purchase.

The service of an AMP often starts with the pre-approval or approval stage. This is usually where your credit is checked and reviewed, and strategies are often recommended to improve or maintain your credit score.

Next, the AMP broker will "shop" the mortgage marketplace on your behalf. An AMP broker has access to 30+ lenders offering a variety of mortgage products that most bankers aren't even aware exist, since banks only have access to their own line of products.

Mortgage professionals have to ensure that you always receive the best rate or they stand the chance of losing your business to another, cheaper lender. You may expect to receive your approval anywhere from 4 to 24 hours from submission.

Once you have found the home you want to finance or have firmly made the decision to refinance your existing mortgage, the mortgage professional then works with you, your lender and your lawyer to compile all the necessary documentation in order to get your mortgage to the closing stage.

Finally, the AMP will ensure that all your financing terms are clearly explained to you and that everything is accomplished within your established timeframes.

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6 WEEKS OF EXPERT HOME ADVICE

Metro Halifax's Ask Your Home Specialist Feature is your guide to the questions you have been asking.

For the next 6 weeks, check out the tips and answers that local experts have to offer, scope out great sales, stay fresh with the latest trends and learn ways to save money. Learn what our experts can do for you.

Tom Cruise wants to star in a film about last week's Hudson River plane crash. The actor, who is a qualified pilot himself, wants to play Captain Chesley Sullenberger — the man who successfully crash-landed the aircraft on to the New York river, saving all 150 passengers. FEMALEFIRST.CO.UK

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Escort service

Katie Holmes has landed a part in a new comedy called *The Extra Man*. The flick stars Kevin Kline as a failed playwright who becomes an escort to older ladies. INTOUCHWEEKLY.COM

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Springsteen realizes a Dream

Bruce Springsteen

Album: Working On A Dream

Label: Sony

Rating: ●●●●●



BRUCE SPRINGSTEEN IS in a happy place. His buddy Obama is in office. He's got a Golden Globe for *The Wrestler* (it's a "bonus track"). He's got Patti. And his last album proved he can still rock the new millennium. You figure The Boss

can do just about whatever he wants, now. And you'd be correct about that. He can write happy endings to outlaw songs, find love in "aisle two" of the local supermarket, score his music with layers of strings, write dime-store lyrics like "honey, you're my lucky day." Springsteen doesn't have to be deep and dark all the time. But he does need to capture our spirits and lift them when they need a jolt. This is a remarkably beautiful rock album, perhaps finally capturing the sound that should have been the

MusicReviews

music@metronews.ca

backdrop for *Born To Run*. And it still features old friends from E-Street, keyboards and sax so fat you could hide an army in them, guitars that slice through the night. Some critics, yearning for the poetry of *Badlands* and *Thunder Road*, may call it shallow. But who cares? The Boss can do what he wants. We're lucky to have him.

Graham Rockingham/for Metro Canada

Animal Collective

Album: Merriweather Post Pavilion

Label: Domino

Rating: ●●●●



PARENTS, IF YOU find this in your children's collection, check the sock drawer.

You'll be able to identify Animal Collective by the cover art. It should turn 3-D when you're high. Don't worry, though. It's not dangerous. It's actually pleasant, trippy fun. The sort of stuff that will plaster a smile on your face and leave it there for ... hours. A world of multi-layered dreams, off-kiltered harmonies, kaliope organs and cold, dripping water.

Graham Rockingham/for Metro Canada

he on sax with just a bass or two and one or two drummers — as a way to showcase his skilled Sonny Rollins-esque originality. Ear-pleasing jazz never sounded so arty yet so accessible.

Ian Nathanson/for Metro Canada

Antony And The Johnsons

Album: The Crying Light

Label: Secretly Canadian/Sonic Unyon

Rating: ●●●●



NO ONE CAN argue that Antony Hegarty, who plays under the moniker

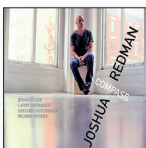
Antony and the Johnsons, is one of, if not the, most eclectic artist around. His soaring operatic vocals and orchestral instrumentation are not for the casual listener, but play his third album a few times and it's easy to see why everyone wants a piece of 2005's Mercury Prize winner. Deeply personal lyrics about pressing world and human issues and flawless string work combined with Hegarty's haunting melodies makes this a must have. Bryan Borzykowski/for Metro Canada

Joshua Redman

Album: Compass

Label: Nonesuch/Warner

Rating: ●●●●



SOME JAZZ ARTISTS can over-load on instrumentation and arrangements, and

then adopt an ostentatious attitude when outsiders can't wholly understand their art. Joshua Redman prefers to welcome listeners to a clutter-free environment —



The Boss is back with a new album.

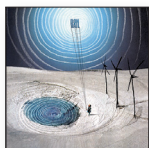
GETTY IMAGES

Don Vail

Album: Don Vail

Label: Independent

Rating: ●●●●



DON VAIL IS a Hamilton-Toronto collective crafted out of the embers of Chore,

Treble Charger, the Priddle Concern and cartoon metal-heads Sons Of Butcher. They've served stints with Broken Social Scene and helped out Wintersleep on tour. Now Chris Bell (bass), Bill Priddle (lead guitar), Mitch Bowden (vocals, guitar, keys) and David Dunham (drums) come together for their debut CD under the name Don Vail. Produced by Jordon Zadorozny, the 10-track album is a proggy pop on the surface, but has plenty for the serious indie rockster to sink his teeth into. Angular guitar flourishes, intricate bass patterns and close-to-the-edge drumming provide a backdrop for Bowden's restrained, folksy vocals. It has its moments on tracks like *Black Book Page* and *Linda McCartney*, but there are times when you want them to just let loose.

Graham Rockingham/for Metro Canada

Bon Iver

Album: Blood Bank

Label: JagJaguwar/Sonic Unyon

Rating: ●●●●



ONE OF THE best musical moments of 2008 was Bon Iver's brilliant debut disc.

On *For Emma, Forever Ago*, The Wisconsin act, which is just singer-songwriter Justin Vernon, perfected the infectious, lo-fi acoustic sound, so it's no surprise that his four-song EP is another fantastic listen. Opener *Blood Bank*, with its soft pounding bass drum and rich harmonies improves on his formula; *Woods*, however, is a miss thanks to Vernon's Kanye-like auto-tuned vocals, a technique he should never touch. Still, this will leave you desperate for a new full-length.

Bryan Borzykowski/for Metro Canada

Be careful what you wish for.

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Slumdog's real star: Mumbai

Slumdog Millionaire is not perfect, director Danny Boyle said yesterday, adding no filmmaker could capture the essence of a bustling city like Mumbai in a single project.

The cast and crew of the Oscar hopeful are in India in the run-up to the Indian premiere of the critically acclaimed film, a rags-to-riches story of a boy from a Mumbai slum competing on a TV gameshow.

"I have to admit, absolutely admit, that it's not perfect. I don't think any filmmaker can ever capture that city," the British director said at a press conference in New Delhi.

"It's an extraordinary city with all its extremes. You hope to capture bits of it if you can. That's what we tried to do."

Slumdog Millionaire came under fire from parts of the Indian media, who accused Boyle of romanticizing slums and peddling begging rackets, prostitution and crime as Indian exotica.

The film has sparked a debate on whether such "poverty porn" reinforces Western stereotypes about the country, though Boyle said he was trying to capture Mumbai's "lust for life."

Slumdog Millionaire swept the Golden Globe awards this month, landing four honours including best drama, and earned 11



Slumdog Millionaire director Danny Boyle, who won a Golden Globe last week, is keeping his fingers crossed for Oscar nods.

Nominations

- The 81st Academy Awards nominations will be announced today at 5:30 a.m. PT in Los Angeles. Visit metronews.ca for the complete list of nominees.

nominations at Britain's BAFTA awards.

Boyle, known for his unconventional story-telling in films like *Trainspotting*, said it was his "bedrock" of realism that helped him make *Slumdog*.

"We've lost the ability to tell extremes within conventional realistic stories with believable everyday characters," the 52-year-old filmmaker said, adding that is what he had tried to

achieve in *Slumdog*.

Boyle said he would love to return to Mumbai some day to direct a "really dark thriller."

"It's got that landscape really and it's not obviously architecture so much – it's more its people."

Slumdog Millionaire opens in Indian cinemas tomorrow, a day after this year's Oscar nominations are revealed.

But Boyle said he wasn't thinking of the Academy Awards just yet.

"We keep our fingers crossed. But even if we drop off the edge of a cliff tomorrow, that's fine," he said.

"We have done way beyond we could have ever imagined." **REUTERS**

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JEREMY HOTZ

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The National Film Board of Canada is marking its 70th anniversary in 2009 by launching an online screening room providing free home viewing of over 700 films, trailers and clips from the NFB's world-renowned collection. Visit NFB.ca. **METRO NEWS SERVICES**



Above: Brian and Falon James (no relation to Ron James) at Pier 21 for the SOAR benefit.



Above: McDonald's Kim Chiasson (left), Lisa Robertson, and Dave Robertson dine at Rogi Orazio for Blind Date with a Star.



Above: SOAR members Bonnie Maurer and Melody Cail watch Ron James at Pier 21.

Right: Carol MacInnis, left, Gordon Laing, and Rachel Dodds at O'Carrolls for Blind Date with a Star.



Left: Janet Hefler, left, David Campbell, and Jamie Joudrey at the Ron James comedy benefit for SOAR.



Above: Singer/songwriter Rose Cousins and FRED Salon owner Fred Connors at FRED for Blind Date with a Star.

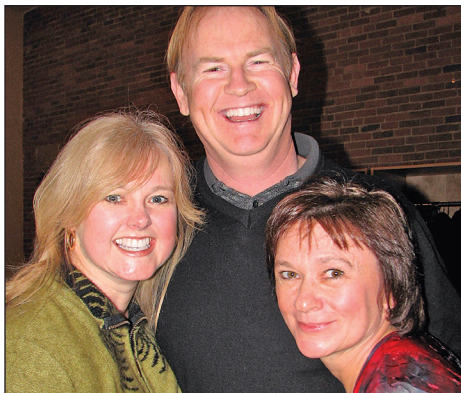


Above: Michelle Johnson and Shannon Potter at the Carleton for the Songwriter's Circle benefit.



Above: Kendra Coady and Jayne Barnstead at the Carleton Songwriters Circle benefit for Lynn Horne.

Right: Elizabeth Logan, left, Forrest King, and Anne Marie Byrne at Pier 21 for Ron James.



Tribute fit for a King

HalifaxScene

Jamie Paterson



Sometimes in this job, I feel like a dog chasing his tail. Such was the case this past Friday night, as I found myself running between the Cohn and Pier 21 looking for the perfect pictures. I was caught between two outstanding events.

The first was The Dream Continues ... A Musical Tribute to Dr. Martin Luther King Jr. Every year the Nova Scotia Mass Choir not only recognizes King's accomplishments with music, but a celebrated African Nova Scotian also gets the nod. This year the accolades went out to

Beresford Husbands. Known in the community as B.A., Husbands was a community and education advocate, held real estate, and ran a retail store. In 1930 he established the Colored Citizens' Improvement League to focus on creating a sense of black pride.

Musically, the evening was as inspiring as ever. Lead by host George Jordan, the choir shared stage space with Juno nominee Gary Beals (who is releasing a gospel album later this year). The Word In Motion Dance Co. presented the gospel in dance, and 14 year-old Dunnery Bond showed why he was crowned YTV's Next Star.

There was just enough time to scoot across town to catch comedian Ron James making them laugh at Pier 21 for a good cause. Heritage Hall was sold out to hear James wax poetic on all

things Canadian and even take a few shots at his hometown of Halifax. Money raised went to SOAR, a charity that supports and cares for orphans of AIDS in the community of Nkobongo, South Africa.

After the ice cleared, it was off to downtown Halifax on Monday for the annual Blind Date with A Star. Presented by Sysco Atlantic, the event raises money to support the Learning Disabilities Association of Nova Scotia. Each table of 10 was paired up with mystery celebrities for a unique dining experience at one of the city's finest restaurants.

The evening started with a wine reception at the World Trade and Convention Centre, where the diners discovered where they were going, and who their celebrity was. The celebs are culled from the entertainment, sports,

business and political worlds. I've had the honour of being invited in the past, but sadly didn't make the cut this year. You start ONE food fight and you're labelled for life!

The final stop Monday night took me to The Carleton to help out a dear friend of the music industry. Lynn Horne's influence is far reaching as a promoter, manager, and talent developer.

The last year has been tough for her since being diagnosed with breast cancer. Steven Bowers, Dave Gunning, Meaghan Smith and Kev Corbett met for a songwriters' circle, and were joined on stage by Joel Plaskett for an incredible evening of music and stories. Fight the good fight Lynn!

When he's not making the Scene, Jamie Paterson hosts The Drive and The Beatbrunch on KOOL FM in Halifax

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Obama musical in spring

The brand new, 44th President of the United States has inspired a brand new musical. March will bring Obama On My Mind to London — to Islington's Hen and Chickens Theatre, to be exact, reports Playbill.com. PEOPLE.COM



Arrested film unlikely

IntelleVision



HOPE SPRINGS ETERNAL: "We've been covering rumours of an Arrested Development movie for nearly a year now," writes Brian Jacks on MTV's Movies Blog, before going on to dish up the latest news — or non-news, as it may be — about the unmade film that no one seriously expects to see.

Movie versions of cancelled TV series are basically the production house version of "I'll call you" — an insincere promise made during a moment of weakness, meant to paper over the awkwardness of telling people that one day, hopefully sooner than they think, it'll be time to move on.

Movie versions of everything from The Sopranos, Rome and Deadwood to



A scene from the Fox series Arrested Development.

The Riches and Jericho have been talked about, sometimes with a straight face — HBO has a seasoned Lothario's propensity for the empty gesture — but they've only rarely materialized; Joss Whedon's Serenity, based on his short-lived Firefly series, and the epic Sex And The City film are the most recent examples, and I don't think anyone will seriously suggest that the reputation of the originals was in any

way enhanced by their movie reprises.

Talk of an Arrested Development film has been going on since before the last episode aired almost two years ago. Several of the key cast members have made enthusiastic noises about doing a film, but the notable holdout has been rumoured to be Michael Cera, whose career has taken off since the show left the air.

Interviewed at Sun-

dance, Cera denied that he was the holdout to MTV, but did say that he has yet to see a script and that the movie may be "more hypothetical than people think." By now, fans of the show should probably start admitting that the moment is past, and that by the time this chimera could actually materialize in the theatres, it'll be the equivalent of a Freaks And Geeks movie. (Which, come to think of it, is what nearly every Judd Apatow film so far has been.)

I KNOW I PROMISED, BUT: Now that creator Matt Weiner has been resigned to the show for two more episodes, I think it's time I broke my vow not to talk about Mad Men until the third season begins — sometime in July, according to the New York Post. And that would be all I've got, right now. Yup, that's it. Nothing more. You can stop reading now.

Rick McGinnis writes about music, movies, books and television, but not opera.

Love Guru leader in Razzie roster

NOMINEES The Love Guru, a comedy that Mike Myers spent years developing only to see it flop at the box office last summer, led the contenders for the annual Razzie Awards, a tongue-in-cheek commemoration of the year's worst movies, organizers said yesterday.

The film, in which the Canadian comic plays a spiritual healer, picked up seven nominations, including worst picture, director and screenplay.

Myers will compete for worst actor alongside some of Hollywood's biggest stars — last year's winner, Eddie Murphy, (Meet Dave), Al Pacino (88 Minutes and Righteous Kill), Mark Wahlberg (The Happening and Max Payne) as well as comedian

Larry the Cable Guy (Witless Protection).

The worst actress category comprises Myers' co-star Jessica Alba, who was also honored for The Eye, Cameron Diaz (What Happens in Vegas), Paris Hilton (The Hot Chick & the Nottie), Kate Hudson (Fool's Gold) and My Best Friend's Girl), and the cast of The Women.

Director M. Night Shyamalan's The Happening and the romantic comedy The Hot Chick & the Nottie were also nominated for worst picture, alongside the spoofs combo Disaster Movie and Meet the Spartans, and the fantasy adventure In the Name of the King: A Dungeon Siege Tale.

REUTERS



Mike Myers in The Love Guru

Obama stylist lands reality show deal

PEOPLE Michelle Obama's hairstylist has landed a development deal to star in a reality show. Former Chicagoan Johnny Wright has signed a deal with 44 Blue, which produces such reality shows as Style Network's Split Ends and A&E's L.A. Gang Unit.

44 Blue executive vice president Stephanie Drachkovitch said she discovered Wright while searching for a reality host. "There aren't many people of colour doing makeover and beauty shows," she said. "We figured there's got to be somebody out there with a mainstream clientele, but brings a different point of view."

Enter Wright, who moved to Los Angeles recently and whose clients have included actors Vivica A. Fox, Rebecca Gayheart and Lauren London and Sex and the City writer Candace Bushnell. Drachkovitch said she was impressed with the hairstylist's personality before she knew his Obama connection.

REUTERS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

critics' corner

The Nature of Things What's the best way to learn sustainable living skills? Watch people who have them. That's what David Suzuki and his youngest daughter, Sarika, do in "The Suzuki Diaries." They travel through Europe learning firsthand how to build sustainability into daily life, from food and crafts to travel and energy production. 8 PM on CBC



Doc Zone It's inspired songs, poems, stories, religious beliefs and even patriotic fervor. The new documentary "Fly Me to the Moon" celebrates the 50th anniversary of NASA by reflecting on humankind's relationship with the moon, from the Frank Sinatra number referenced in the title to the science-fiction stories that envision the moon as a second home for earthlings. 9 PM on CBC

Grey's Anatomy As the search for an organ donor for Bailey's (Chandra Wilson) young patient intensifies, Meredith (Ellen Pompeo) considers a condemned patient who wants to cheat the executioner by dying first. An ill-timed injury interrupts Mark's (Eric Dane) surgery. Cristina (Sandra Oh) steers clear of Owen (Kevin Connolly). Katherine Heigl also stars in the new episode "Stairway to Heaven." 10 PM on ABC. CJCH

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/22/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Ugly Betty (N)	Grey's Anatomy (N)	Practice	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)		Don't Forget the Lyrics!	Eleventh Hour "Miracle"	Practice	
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	The Nature of Things		Doc Zone (HDTV) (N)	CBC News: The National	The Hour	
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)	M pour musique (HDTV) (SC)	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Agent Affloat"	CSI: Crime Scene Invstgtn.	Eleventh Hour	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Le Petit Monde		Ce n'était qu'un rêve	Morency Live (N)	TVA 22 heures	
	6	6	6	CHFH	Entertainment	ET Canada	The Unit "The Conduit"		Bones	The Office (N)	The Office	News (N)
	9	9	9	CJCH	etalk	Hollywood	ER (HDTV) (N)		CSI: Crime Scene Invstgtn.	Grey's Anatomy (N)	News (N)	
	10	10	10	ELTV	(6) EastLink Television				Podium TV	EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Bones "Double Trouble in the Panhandle; Fire in the Ice"		Fox First	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock
	29	29	29	NW	Business	Business	CBC News	Newman	The Hour		CBC News: The National	Nature-Things
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Basic Black		The War of the World		The War of the World	War of World
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		This Old Hse.	Yankee Shop	Ask This Old	Michigan
	68	68	68	TQS	(6:30) Le Retour (SC)	Grande fille	Un monde bête		Le Berceau du mensonge (2006, Suspense) (SC)			110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	GetConnected	Business News	Squeeze Play	Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Market Call	Commodities	Campbell Brown: No Bias	Larry King Live	Cooper 360	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	PGA Championship Highlights		Champions Tour Preview	PGA Tour Golf: Bob Hope Chrysler Classic		
	52	52	52	RSE	Prime Time Sports	Heads-Up Poker Champ.	Billiards World Cup of Pool.		Billiards World Cup of Pool.	Best Damn Sports Show	Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Game On	World Poker Crown		NBA Basketball Boston Celtics at Orlando Magic. (Live)			
news	45	45	45	SPD	Unique Whips	Trackside	NASCAR Pre.		Pinks -- All Out		Pinks -- All Out	Wrecked
	53	53	53	TSN	Off the Record	SportsCentre	Tennis Australian Open -- Early Round -- Day 5. From Melbourne, Australia. (Live)					
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	Futurama
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-lan	Night Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol
	16	16	16	A&E	The First 48 (HDTV)		The First 48		The First 48 (HDTV)		The First 48 (HDTV) (N)	The Beast (N)
	70	70	70	APTN	News		Suaagan	Wapos Bay	By the Rapids	renegadeexpress	The Green Mile *** (1999, Drama)	
	50	50	50	BET	106 & Park: BET's Top 10 Live	10 countdown. (Live)			Waist Deep * (2006, Action) Tyrese Gibson, Larenz Tate.			Gangster
	37	37	37	BRVO	Street Legal		Camera	Snapshot	Bathroom Divas-Opera Star		Century Hotel ** (2001, Drama)	
sports	25	25	25	CMT	Jim Cuddy Live at the Revival		CMT Star: Pets	CMT Star	Home Improve.	Home Improve.	Reba	Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas		The Simpsons	South Park
	153	153	153	COURT	Truth, Duty, Valour		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Crime Files Cold Case	Police Videos
	38	38	38	DISC	How It's Made	How It's Made	Daily Planet (N)		Squid Invasion		Crocodile Feeding Frenzy	MythBusters
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY
	46	46	46	HIST	Deep Wreck Mysteries		NCIS "Driven" (HDTV)		Lost Worlds		Deep Wreck Mysteries	NCIS
	17	17	17	MM	Gone Wild	Gone Wild	Pimp My Ride	Pimp My Ride	America's Best Dance Crew		Video on Trial	
	19	19	19	MMM	MusicProfile	mmmtop10.com		Back In	Foo Fighters: Live From Hyde Park (N)		Revival	Tommy Lee
	201	201	201	M1	(6:20) Final Verdict		(7:55) The Riddle (2007, Suspense)	Vinnie Jones.			How to Rob a Bank * (2007) Nick Stahl.	
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Bounty Hunter
family	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Friends	Friends	Friends	The Pallbearer
	206	206	206	PIX	Atanarjuat the Fast Runner		(8:10) Ulzana's Raid *** (1972, Western)				Rules of Engagement ** (2000, Drama)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park
	40	40	40	SLICE	X-Weighted		Til Debt-Part	Rich Poor	Bulging Brides	Bulging Brides	Last 10	Last 10
	47	47	47	SPACE	Stargate SG-1 "Seth"		The Adventures of Pluto Nash * (2002, Comedy)				Rabbit Fall	Rabbit Fall
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		TNA IMPACT! (HDTV) (N)	
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Losing It in Hollywood	Tonight Show
	21	21	21	TLC	What Not to Wear		LA Ink "66 Nikkis"		Overhaulin' "Brushtang"		Saw for Hire	Saw for Hire
	56	34	34	TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond
cable variety	20	20	20	TV5	Que-champion	Journal de Fr2	Fourchette et sac à dos		Club social		Envoyé spécial	
	28	28	28	V	Mysterious Island		Murder, She Wrote		Wait for God	'Allo, 'Allo!	Oh God! You Devil ** (1984, Comedy)	
	60	97	97	VIVA	Mysterious Ways		Judging Amy		Most Haunted		Passion	
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Smallville "Bulletproof"		Supernatural (HDTV) (N)	WGN News



Shia LaBeouf has had his driver's license suspended for a year, femalefirst.co.uk reports. The Eagle Eye star has been banned from driving after failing to take a breathalyzer test following his car crash in Hollywood, Los Angeles, last July. **METRO NEWS SERVICES**

Celebrity Buzz

Fiddy has a 'girly' workout routine

IMAGE 50 Cent says he works out like a woman, femalefirst.co.uk reports. The muscular rapper says his toned physique is the result of "girly" weight-free routines rather than pumping iron.

He said: "It's intense, and there are no weights involved. And some of it's like girly stuff, like just kicking your leg, but it's muscles you don't really ever work at."

Men don't usually go to the gym and say, 'I'm going to develop my ass. This'll be the J.Lo workout.'"

METRO NEWS SERVICES



Renee's dating a TV correspondent

DATING Renee Zellweger is dating a journalist, femalefirst.co.uk reports. The actress was spotted enjoying an intimate meal with MSNBC legal correspondent Dan Abrams at the American Hotel in Sag Harbor, New York, on Saturday. The couple canoodled throughout the evening, appearing completely at ease in each other's company. Zellweger is not the first actress with whom Abrams, 42, has been romantically linked.

METRO NEWS SERVICES



Law's recovered from gym mishap

INJURY British actor Jude Law was spotted around New York City recently wearing a neck brace. But it turns out it wasn't for anything serious. The actor "tweaked his neck working out and only had a brace on for a few days," his rep told the New York Post. "He is fine now."

METRO NEWS SERVICES



Eva's gotta have spice

FAVES Eva Mendes can't live without spice, according to femalefirst.co.uk. The Spirit actress enjoys a temperature-raising taste sensation and would take crushed red pepper and her boyfriend with her if she was ever stranded on a desert island, the website adds.

She said: "My five desert island staples would have to be my boyfriend George Augusto, our dog Hugo, an iPod, the Sunday New York Times newspaper and crushed red pepper."

The 43-year-old actress has also revealed she wouldn't

change a thing about her physical appearance.

She told Britain's

The Times

news-

paper:

"I love and accept my body com-

pletely. I know that is not an interest-

ing answer, but I really wouldn't change anything. I've worked too hard on accepting it all."

But while Eva — the daughter of Cuban parents — isn't hankering after other actress' looks, she is envious of those who tackle more challenging roles, especially double Golden Globe winner Kate Winslet.

She said: "I would steal Kate Winslet's roles. All her roles. Not only is she the most amazing actress in the entire world, she's done nude scenes in a lot of her films which shows she's just fearless."

METRO NEWS SERVICES



Joaquin 'storms' out of soundcheck

ANGER MANAGEMENT Joaquin Phoenix reportedly "stormed out" before a Las Vegas concert after losing his cool with a film crew, femalefirst.co.uk reports.

The actor-turned-singer is be-

lieved to have been furious when Casey Affleck's camera crew — who are documenting Joaquin's transition into music — were late for his sound check at LAVO nightclub last week, the website adds.

A source said: "He was waiting for Casey Affleck and when the film crew arrived late, Joaquin flipped out. Phoenix yelled at the crew, 'Thanks for being late and f—ing everything up.' He then threw a CD on the floor and stormed out."

Phoenix soon regained his composure and returned to the stage to re-

hearse his set, leaving on-lookers unsure if he was genuinely annoyed.

The source added to the New York Post newspaper: "He came back five minutes later and did the sound check. Nobody can tell if he is for real or if this is all a big joke."

Later that night, the 34-year-old star surprised on-lookers by performing three hip-hop numbers.

During his set, a dishevelled Joaquin — who was sporting an unkempt beard and long hair — danced unsteadily and fell into the crowd as he exited the stage, adds the website.

METRO NEWS SERVICES



Marc Anthony brings J. Lo onstage for a duet

COUPLEDOM That Marc Anthony knows how to end his set, people.com reports. The crooner completed his recent inaugural performance by bringing "my wife," Jennifer Lopez, on to the stage with him, for a duet.

This thrilled the crowd at the Inauguration's Western Ball, held in the largest ballroom of the Walter E. Washington Convention Center, where the guests also included Angela Bassett and Harold & Kumar and House star Kal Penn, reports The Washington

Post. The 10:25 p.m. appearance of Lopez also further put to rest rumours of a marital rift between the couple.

Earlier in the evening, Anthony had said, "I wrote this next song about Jennifer. I must have been psychic." The song was his decade-old You Sang to Me. "She didn't get

the point, but eventually it worked," said Anthony, the Associated Press reports.

The couple ended their duet with a kiss. "Man, she's cute," Anthony said after Lopez exited the stage.

METRO NEWS SERVICES



Joint bank account for Sam and Lindsay?

ROMANCE Lindsay Lohan and Samantha Ronson have taken their relationship to the next level — by reportedly setting up a joint bank account, reports eonline.com

The Mean Girls star has been dating the DJ since last year but the couple has been plagued by rumours they are on the brink of a split for several months.

But now Lohan has shown her commitment to the relationship by allegedly ploughing some of her wages into an account for the pair.

A source tells Britain's Daily Express, "Lindsay was reportedly earning \$168,000 US

per episode for her stint on Ugly Betty last year and she's stashed that into a joint bank account to show Sam how much she loves her."

Ronson, who is said to earn as much as \$23,460 US for a disc-spinning performance, has always been fiercely keen to keep her financial independence — and constantly splashes the cash on her actress girlfriend.

METRO NEWS SERVICES



Jonas Bros. are in the house

PARTY CRASHERS President Barack Obama and his wife Michelle weren't the only ones who got entertained by A-listers on inauguration night. Their daughters Malia, 10, and Sasha, seven, received a surprise visit from the Jonas Brothers, says usmagazine.com. ABC News reports that the

Obama girls kicked off inauguration night by watching High School Musical 3 and Bolt with some of their pals from their new school Sidwell Friends.

They then had a scavenger hunt around their new home to learn its history. At the end of their hunt, according to ABC News, Malia and Sasha opened a door to find Kevin, Joe, and Nick Jonas (who had performed their hit Burning Up for the girls Monday night at the Kids' Inaugural Concert).

METRO NEWS SERVICES



Aniston gives good relationship advice

ADVICE Jennifer Aniston thinks her relationship advice is so good, she could have made a career out of it. "I feel I have an ability to understand relationships and see things clearly," the He's Just Not That Into You star told Britain's More magazine.

"I like to think that I give good advice. I think I'd have made a good therapist if I hadn't become an actress." As for all the media attention her own relationships garner, Aniston said, "I'd rather not have my personal relationships receive so much attention, but that's not going to stop me from falling in love."

METRO NEWS SERVICES



Amy rescues fellow guest off the rocks

GOOD DEED Singer Amy Winehouse helped rescue a fellow guest at the St. Lucia resort where she's been staying. Louise Williams said Winehouse saved her after she was thrown from a boat onto rocks during a sailing lesson.

"Amy was on the beach 20 metres away and she ran across immediately and said, 'Let's have a look at you,'" Williams told Britain's the Sun. "She picked me up and took me across to the showers and was constantly asking, 'Are you all right?'" Winehouse later said: "I thought she was going to die."

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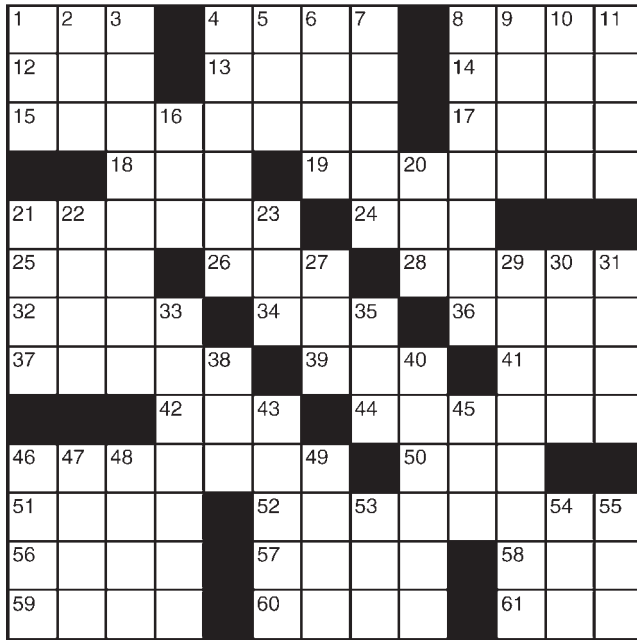




TWN incorporates MSC data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- 1 Ming of the NBA
- 4 Census statistics
- 8 Envelope part
- 12 Ostrich's cousin
- 13 Pleasing
- 14 Queue
- 15 Don't move
- 17 Prayer ending
- 18 Piratic potation
- 19 Wilder drama
- 21— council ("Survivor" event)
- 24 Snapshot
- 25 Computer woe
- 26 Torched
- 28 Extemporizes
- 32 Wan
- 34 Luau side dish

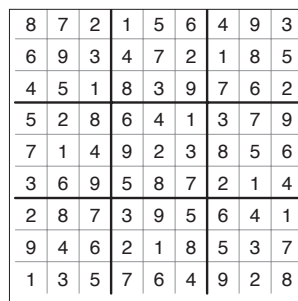
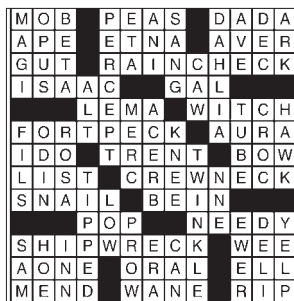
- 36 Urban disturbance
- 37 Fix a knot
- 39 Antiquated
- 41 CSI evidence
- 42 Water barrier
- 44 Carell's The 40 Year Old Virgin co-star
- 46 Summertime cooler
- 50 Clay alias
- 51 Wise guys?
- 52 Ill-defined time
- 56 Andy's pal
- 57 Exceptional
- 58 — polloi
- 59 Netting
- 60 — and terminer
- 61 Cowpoke's nickname

Crossword down

- 1 "Absolutely"
- 2 Parisian pal
- 3 Unreservedly
- 4 Critter
- 5 Showbiz job
- 6 Reverberate
- 7 Arrangement
- 8 Freight train component
- 9 Wheels of fortune?
- 10 From square one
- 11 Teller's cohort
- 16 Bathroom fixture
- 20 6 Rms — Vu
- 21 Ski-lift transport
- 22 Stratagem
- 23 Back talk
- 27 As well

- 29 Cinderella's curfew
- 30 Corn recipe
- 31 Constellation part
- 33 Leo Rosten's tongue
- 35 Sort
- 38 Cause corrosion
- 40 Casino employee
- 43 Subway
- 45 Inventor Whitney
- 46 Mosque VIP
- 47 Arrived
- 48 Ids' counterparts
- 49 Vacationing
- 53 Rage
- 54 Break ground?
- 55 Ducats

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 min.....Scholar

17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Metro Recipe of the Day



Fish Soufflés

INGREDIENTS:

5 oz (150 g) waxy potatoes, scrubbed
salt and freshly ground black pepper
2/3 lb (300 g) skinless ling or hake fillets
3 tbsp (45 mL) butter, softened
2 French shallots, finely chopped
1/4 cup (50 mL) cream
3 eggs, separated
1 tsp (5 mL) wholegrain mustard

METHOD:

1. Put potatoes and pinch of salt in saucepan with plenty of cold water. Cover, bring to boil, and cook for 25 minutes until tender.
2. Meanwhile, put fish and pinch of salt in large frying pan with enough cold water to cover. Bring to boil, then reduce heat immediately. Cover and simmer 3 minutes. Leave fish to cool in liquid, then drain and coarsely crush flesh with fork; removing bones.

3. Heat 2 tsp (10 mL) butter in small saucepan, add shallots and cook gently over low heat 5 minutes. Add cream and remove from heat.
4. Preheat oven to 400°F (200°C). Use 2 tsp (10 mL) butter to grease four 1-1/4 cup (300 mL) ramekins. Drain and peel potatoes and crush with fork. Add remaining butter, shallot-cream mixture and some pepper. Beat in egg yolks and mustard. Fold in fish.
5. Add pinch of salt to egg whites, whisk until stiff then fold into potato-fish mixture. Pour into soufflé dishes and smooth surface with a spatula. Bake 15 minutes until puffed and golden. Serve immediately.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

You won't move fast enough to pull off a quick exit. A youthful woman will give you what you need. A friendship is undergoing drastic changes.



TAURUS

APRIL 21-MAY 21

Compassion convinces someone to help you out. A miser is tempted to sway the opposition. You can calm someone down.



GEMINI

MAY 22-JUNE 21

Your prospects will improve when you become fearless. An egomaniac will be in the right place. You don't have to settle for second best.



CANCER

JUNE 22-JULY 22

You'll find a safe place to hide your money. Someone's pity party will push you too far. Heed a loser's opinions for inspiration.



CAPRICORN

DEC 22-JAN 20

You'll brighten someone's day. Lack of business causes an offer to be withdrawn. You can find a better situation soon.



LEO

JULY 23-AUG 23

Painless adjustments are going to be made. Watch out for those who don't seem normal. This is the time to use self-control.



AQUARIUS

JAN 21-FEB 18

Standing by your promises reassures others. Too much passion will be good enough. You'll need to be very diplomatic.



VIRGO

AUG 24-SEPT 22

A dreamlike situation will force you to wake up. Only women will understand a tough lesson. Be brave when facing disillusion.



PISCES

FEB 19-MARCH 20

An arrogant person is incapable of going it alone. You'll get out of a predicament. A friend will ask for help at a crucial moment.



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metro
Do it daily.

WORDY GURDY® BY TRICKY RICKY KANE

1. Guided Foxx of "Sanford and Son" (1)
2. Possesses fossils (1)
3. Yucky medicinal amount (1)
4. Co-op admissions panel laughed hard (1)
5. Compares and rates muddy deposits (2)
6. Naval address for Muppets' creator Jim (2)
7. Siesta taker's paging devices (2)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1. LEO ROSTEN 2. OWNS BONES 3. GROSS DOSE 4. BOARD ROARED
5. JUDGES SLUGGS 6. ENSIGN HENSOS 7. SLEEPERS BEEPERS

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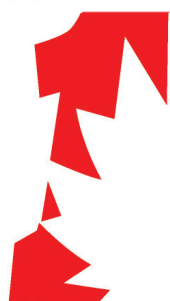
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